

**2009 / 2010**

**THE RACEWALKING YEAR IN REVIEW**

**COMPLETE VICTORIAN RESULTS**

**MAJOR AUSTRALIAN AND MAJOR INTERNATIONAL  
RESULTS**

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**23 October 2010**

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**11<sup>TH</sup> CHINESE NATIONAL GAMES, JINAN, 21-26 OCTOBER**

The 11<sup>th</sup> Chinese National Games were held in Jinan over the last week and the standard was mind boggling - the two racewalks are classic examples of the depth and quality of athletics in this Track and Field powerhouse.

**Men 20km walk, Thursday 22 October**

Berlin silver medallist Wang Hao confirmed his favoritism with a new personal best winning time of 1:18:13. Olympian Li Jianbo also improved to 1:19:10 to take silver while third place went to Chu Yafei with 1:20:27. Of the 55 starters, 35 finished and an amazing 19 walkers broke the 1:25:00 barrier. The first 9 places were taken by walkers aged 22 or under, including 16 year old Wang Zhen who came 9<sup>th</sup> in 1:22:10. The 35 finishers were as follows

1	Wang Hao	CHN	16.8.89	1:18:13	PB
2	Li Jianbo	CHN	14.11.86	1:19:10	PB
3	Chu Yafei	CHN	5.9.88	1:20:27	
4	Li Gaobo	CHN	4.5.89	1:20:49	SB
5	Wang Leilei	CHN	14.2.89	1:20:58	PB
6	Yang Tao	CHN	12.12.89	1:21:22	PB
7	Yu Wei	CHN	11.9.87	1:21:37	
8	Bo Xiangdong	CHN	1.10.87	1:21:47	PB
9	Wang Zhen	CHN	24.12.92	1:22:10	PB
10	Lu Ronghua	CHN	21.2.83	1:22:16	SB
11	Zhang Xuezhai	CHN	6.7.87	1:23:02	
12	Zhou Jincai	CHN	25.11.85	1:23:40	PB
13	Zhang Ronglong	CHN	2.11.84	1:24:14	SB
14	Chen Ding	CHN	5.8.92	1:24:25	
15	Li Lei	CHN	29.11.87	1:24:32	
16	Cui Zhide	CHN	11.1.83	1:24:38	SB
17	Zhan Ende	CHN	3.3.90	1:24:59	PB
18	Zhu Hongjun	CHN	18.8.83	1:24:59	SB
19	Wang Zhiping	CHN	11.12.83	1:25:08	
20	Wu Guosong	CHN	21.4.87	1:25:23	SB
21	Zhao Chengliang	CHN	1.6.84	1:25:57	
22	Xing Shucai	CHN	4.8.84	1:26:08	SB
23	Fang Pengfei	CHN	16.2.83	1:26:08	SB
24	Xu Xingde	CHN	12.6.84	1:26:18	
25	Yu Chaohong	CHN	12.12.76	1:26:40	
26	Wang Xiaohong	CHN	15.5.83	1:26:50	
27	Gao Lianzuo	CHN	30.8.85	1:27:03	
28	Miao Yanxi	CHN	3.8.84	1:27:25	
29	Zeng Guoqiang	CHN	25.10.84	1:28:32	
30	Huang Zhengyu	CHN	14.8.88	1:29:04	SB
31	Gou Xiaoxin	CHN	18.1.86	1:29:15	
32	Cong Fudong	CHN	28.5.92	1:30:51	PB
33	Geng Lingfu	CHN	5.10.90	1:31:02	PB
34	Xu Xianlong	CHN	2.2.91	1:31:17	PB
35	Han Yucheng	CHN	16.12.78	1:32:38	

**20 km walk for women, Sunday 25 October**

In the women's 20km Race Walk which was held on Sunday morning fast times had been expected, but the surprisingly warm weather dashed those hopes. Berlin bronze medallist, 22-year-old Liu Hong was still the strongest as expected, winning in 1:28:11, her season's best time. There was a surprise as behind Liu, 19-year-old Li Yanfei, yet another Shandong athlete performing well in front of home crowd, lowered her personal best by almost two and a half minutes to 1:28:57 to take the silver medal. Li, who won a bronze medal at the World Junior Championships last year, had not been considered a medal favourite before the competition. The reigning National Games winner from 2005, Bo Yanmin, was also a bit of a surprise medallist here as she had not dipped under 1:30 limit since that 2005 National Games race. But like so many times in China, former greats want to perform well and Bo finished in 1:29:17 for a SB and third place. Of the 31 starters, 26 finished with an amazing 20 breaking 1:40. Finishers were as follows

1	Liu Hong	CHN	12.5.87	1:28:11	SB
2	Li Yanfei	CHN	12.1.90	1:28:57	PB
3	Bo Yanmin	CHN	29.6.87	1:29:17	SB
4	Wang Shanshan	CHN	16.6.87	1:29:54	PB
5	Yang Yawei	CHN	16.10.83	1:31:11	
6	Zhou Kang	CHN	24.12.89	1:31:49	PB
7	Li Li	CHN	22.2.87	1:32:19	SB
8	Chai Xue	CHN	21.10.88	1:32:21	SB
9	He Dan	CHN	22.7.84	1:32:22	
10	Sun Limin	CHN	6.2.87	1:33:22	
11	Nie Jingjing	CHN	1.3.88	1:33:52	SB
12	Sun Xueping	CHN	10.12.88	1:34:23	

13	Li Hua	CHN	15.1.91	1:34:55	PB
14	Shi Yang	CHN	24.1.83	1:35:12	
15	Xu Qing	CHN	17.4.85	1:35:27	SB
16	Li Shuang	CHN	4.1.85	1:36:03	
17	Xu Liqin	CHN	6.2.90	1:36:27	PB
18	Yu Miao	CHN	2.4.89	1:36:43	
19	Han Jie	CHN	31.12.87	1:37:16	SB
20	Tong Chengcheng	CHN	20.10.89	1:39:01	
21	Yan Yang	CHN	25.2.87	1:40:25	
22	Yang Mingxia	CHN	13.1.90	1:42:11	
23	Song Jinzhao	CHN	16.1.88	1:47:11	
24	Huang Jing	CHN	28.2.88	1:48:33	
25	Zhang Guangcai	CHN	4.4.88	1:51:14	
26	Ke Lijun	CHN	12.9.88	1:51:34	

## 10<sup>TH</sup> MARCHA ATL. CIDADE DE OLHAO, OLHAO, PORTUGAL, SUNDAY 21 FEBRUARY 2010

The second leg of the IAAF Race Walking Challenge was held in the Portugese port side city of Olhao on Sunday. The 10<sup>th</sup> edition of the Meeting Marcha Atl. Cidade de Olhao, which also served as the national championships, was an IAAF Category C meeting (the same as Hobart) through which points can be earned towards qualification for the IAAF Race Walking Challenge Final on 19 September in Beijing.

The highest quality event was the women's 20km where **Vera Santos** of Portugal (5<sup>th</sup> place in Berlin last year) battled strong winds as well as some rain to win in 1:30:09. The performance was better than her 1:30:35 from Berlin, but shy of her personal of 1:28:14, set at the 2008 Olympics in Beijing where she finished ninth.

This was the second national title for Santos, 27, adding to her victory from 2005. Susana Feitor rules the national tables with 13 victories, but the Portuguese standout didn't compete, recovering from a broken arm sustained in a fall during a training session. Finishing behind Santos were Ana Cabecinha, the eighth place finisher at the last Olympics, and Inês Henriques, who was 11<sup>th</sup> in Berlin last year, clocking 1:32:36 and 1:33:47 respectively.

The men's 20km international was won by **Bertrand Moulinet** of France, who stopped the clock with a 1:25:16 career best, a 14-second PB. Moulinet's victory was secured when Portuguese João Vieira, the European bronze medallist in 2006, was forced to drop out due to unjury in the 16<sup>th</sup> kilometre. Moulinet was followed by the Vieira's twin brother, Sérgio, who clocked 1:28:36. Sérgio Vieira, whose 1:20:57 personal best dates back to 1997, has returned to top level racing after several years away. Another Portuguese, Pedro Isidro, topped off the podium ahead of another Frenchman, Daimen Molmy, 1:28.43 to 1:28:57.

The 50km national title was won by **Dionísio Ventura** in 4:06:07. Ventura, who has a personal best of 3:59:28, also won the national titles in 2006 and 2009. Leading results were as follows

### 20 km Men

Bertrand Moulinet	FRA	1:25.16
Sérgio Vieira	POR	1:28.36
Pedro Isidro	POR	1:28.43
Damien Molmy	FRA	1:28.57
Augusto Cardoso	POR	1:29.56
Pedro Martins	POR	1:33.38

### 20km Women

Vera Santos	POR	1:30.09
Ana Cabecinha	POR	1:32.36
Inês Henriques	POR	1:33.47
Laura Polli	SUI	1:39.57
Zuzanna Schindlerova	CZE	1:40.48
Maribel Gonçalves	POR	1:41.57

### 50 km Men

Dionísio Ventura	POR	4:06.07
Jorge Costa	POR	4:14.34
Luís Gil	POR	4:14.59

## RUSSIAN WINTER RACEWALKING CHAMPIONSHIPS, ADLER, RUSSIA, 20-21 FEBRUARY 2010

The Russian Winter Racewalking Championships were held last weekend in Adler, producing the usual round of superb results. Day 1 saw 20km road championships for men and women and a 35km road championship for men.

**Sergey Bakulin** won the men's 35km road championship, clocking 2:27:42 in sunny conditions of +15°C. Two-time World champion Sergey Kirdyapkin finished second in 2:29:00 and Sergey Sergachov was third with a PB of 2:30:56. Ruslan Vershinin won the U23 men's 35km with 2:36:22 ahead of Anton Sivakov 2:37:17 and Aleksey Bartsaykin 2:39:48.

**Anisya Kirdyapkina**, 20, won the women's 20km road championship, clocking 1:25:11 (PB), a time that is actually under the current world record. However, the IAAF website advises that it is unlikely to be ratified for record purposes since, as at past years, no international judges were present at the competition. Vera Sokolova finished second in 1:25:35, and Tatyana Sibileva was third in 1:25:26 (PB). Two-time Olympic champion Olga Kaniskina finished fourth in 1:28:26. Kirdyapkina also won the U23 title ahead of Tatyana Mineyeva in 1:28:33 and Natalta Graber in 1:32:33.

Stanislav Emelyanov, Junior Men's 20km World Record holder and still only 19 years of age, clocked 1:19:43 to win the men's 20km road championship. Denis Strelkov, 19, was second with 1:20:19 and Pyotr Trofimov finished third in 1:20:44. Aleksey Golovin was third in the U23 men's 20km, clocking 1:28:48 behind Yemelyanov and Strelkov.



**Left: Anisya Kirdyapkina in the 2009 European Racewalking Cup  
Right: Stanislav Emelyanov wins the 2008 World Junior Championship**

I wouldn't normally reproduce the entire set of results but I will in this case, just to highlight the incredible depth in Russian racewalking. The results also include the age of each competitor and the number of IAAF points scored for each performance.

### Men Open and U23 20km Championship

1.	Stanislav EMELYANOV	RUS	90	1:19:43	1203	PB
2.	Denis STRELKOV	RUS	90	1:20:19	1191	PB
3.	Pyotr TROFIMOV	RUS	83	1:20:44	1182	
4.	Andrey RUZAVIN	RUS	86	1:21:01	1177	
5.	Andrey KRIVOV	RUS	85	1:22:58	1139	
6.	Aleksandr YARGUNKIN	RUS	81	1:23:09	1135	
7.	Aleksandr PROKHOROV	RUS	86	1:23:35	1127	
8.	Konstantin MAKSIMOV	RUS	82	1:26:17	1075	
9.	Ivan KUZNETSOV	RUS	83	1:26:21	1074	
10.	Georgiy SHEIKO	KAZ	89	1:26:48	1065	PB
11.	Rustam KUVATOV	KAZ	77	1:27:33	1051	
12.	Vitaliy ANICHKIN	KAZ	88	1:27:49	1046	PB
13.	Abdinur ALIBEK K	AZ	87	1:28:27	1034	PB
14.	Aleksey GOLOVIN	RUS	88	1:28:48	1028	PB
15.	Artyom BISYUKOV	RUS	87	1:29:22	1017	
16.	Denis ZONOV	RUS	88	1:30:47	991	PB
17.	Pavel YEROKHOV	RUS	82	1:30:59	988	PB
18.	Sergey LYUBOMIROV	RUS	89	1:31:09	985	
19.	Aleksandr FILIN	RUS	89	1:31:31	978	PB

20.	Edikt KHAYRULLIN	RUS	89	1:32:14	965	
21.	Dmitriy YEMEL'YANOV	RUS	90	1:32:43	957	PB
22.	Aleksandr SALT'YKOV	RUS	86	1:33:38	940	
23.	Dmitriy NEKRASOV	RUS	89	1:34:22	927	PB
24.	Andrey RYABUSHEV	RUS	88	1:34:33	924	
25.	Sergey BOLDIN	RUS	83	1:34:40	922	PB
26.	Sergey IVANOV	RUS	88	1:34:44	921	PB
27.	Aleksandr LUCHSHEV	RUS	88	1:35:33	907	
28.	Aleksandr BIBAYEV	RUS	86	1:35:46	903	
29.	Roman YARKIN	RUS	90	1:35:55	900	PB
30.	Svyatoslav CHERNYSHENKO	RUS	90	1:36:17	894	PB
31.	Aleksey SHASHKOV	RUS	87	1:37:46	869	PB
32.	Grigoriy FIRSIN	USA	87	1:38:39	854	
33.	Aleksey ARKHIPOV	RUS	88	1:38:55	849	PB
34.	Sergey TYURIN	RUS	89	1:39:30	839	
	Vyacheslav STUPIN	RUS	89	DNF		
	Valeriy BORCHIN	RUS	86	DNF		
	Aleksey POMAZNOY	RUS	90	DNF		
	Anton TABAKOV	RUS	86	DNF		
	Aleksandr NIKITIN	RUS	88	DNF		
	Yevgeniy TABAKOV	RUS	89	DNF		
	Ivan GUBIN	RUS	90	DNF		

#### Men Open and U23 35km Championship

1.	Sergey BAKULIN	RUS	86	2:27:42	1186	
2.	Sergey KIRDYAPKIN	RUS	80	2:29:00	1174	
3.	Sergey SERGACHEV	RUS	87	2:30:56	1156	PB
4.	Yuriy ANDRONOV	RUS	71	2:31:15	1153	
5.	Sergey MELENTYEV	RUS	76	2:32:40	1140	
6.	Ivan ZHBANOV	RUS	87	2:33:49	1129	PB
7.	Yuriy CHESNOKOV	RUS	79	2:33:57	1128	PB
8.	Ruslan VERSHININ	RUS	89	2:36:22	1106	PB
9.	Anton SIVAKOV	RUS	89	2:37:17	1097	PB
10.	Aleksey BARTSAYKIN	RUS	89	2:39:48	1075	PB
11.	Andrey TROFIMOV	RUS	87	2:41:00	1064	
12.	Sergey KOREPANOV	RUS	84	2:45:22	1025	
13.	Aleksandr VOROBYEV	RUS	88	2:48:04	1002	
14.	Viktor TELEPOV	RUS	86	2:52:11	966	PB
15.	Albert KHALIKOV	RUS	89	3:02:47	878	PB
	Aleksey KHIMIN	RUS	89	DQ		
	Pavel PINISHIN	RUS	88	DQ		

#### Women Open and U23 20km Championship

1.	Anisiya KIRDYAPKINA	RUS	89	1:25:11	1224	PB
2.	Vera SOKOLOVA	RUS	87	1:25:35	1218	
3.	Tatyana SIBILEVA	RUS	80	1:25:52	1214	PB
4.	Olga KANISKINA	RUS	85	1:28:26	1179	
5.	Tatyana MINEYEVA	RUS	90	1:28:33	1177	PB
6.	Lyudmila ARKHIPOVA	RUS	80	1:28:54	1172	
7.	Svetlana SOLOVYEVA	RUS	86	1:29:37	1163	PB
8.	Larisa YEMEL'YANOVA	RUS	80	1:31:42	1134	
9.	Natalya GRABER	RUS	90	1:32:33	1123	PB
10.	Anastasiya YATSEVICH	BLR	85	1:32:52	1119	
11.	Yelena KRUCHINKINA	RUS	88	1:33:40	1108	PB
12.	Lina BIKULOVA	RUS	88	1:35:33	1083	
13.	Nelly LEKAREVA	RUS	89	1:36:15	1074	
14.	Tatyana KOROTKOVA	RUS	80	1:36:17	1073	
15.	Malvina PETROVA	RUS	89	1:37:09	1062	PB
16.	Yelena PRITUZHALOVA	RUS	89	1:39:02	1038	PB
17.	Kseniya TRIFONOVA	RUS	90	1:39:09	1036	PB
18.	Anastasiya PAVLENKO	RUS	88	1:39:10	1036	PB
19.	Anna PETROVA	RUS	90	1:40:13	1022	PB
20.	Irina MUSIKHINA	RUS	88	1:41:28	1007	PB
21.	Natalya GRITSAYENKO	RUS	88	1:43:45	978	
22.	Yekaterina POPOVA	RUS	87	1:46:37	942	
23.	Albina LEBEDEVA	RUS	90	1:47:30	931	PB
24.	Polina REPINA	KAZ	90	1:47:52	927	PB
25.	Anastasiya POZDEYEVA	RUS	89	1:51:22	885	PB
	Olga TROFIMOVA	RUS	86	DQ		

Tatyana SHEMYAKINA	RUS	87	DNF
Elmira ALEMBEKOVA	RUS	90	DNF
Yelena VOLPUKHINA	RUS	88	DNF
Irina YUMANOVA	RUS	90	DNF
Oksana KIRILLOVA	RUS	88	DNF
Olga POVALYAYEVA	RUS	84	DNF
Nadezhda POVALYEVA	RUS	86	DNF
Olga MIKHAYLOVA	RUS	86	DNF
Kristina KARPOVA	RUS	89	DNF
Mariya LOSEVA	RUS	90	DQ
Marina PANDAKOVA	RUS	90	DQ

Day 2 featured Junior 10,000m and 5000m track championships. Note most place getters are from Mordovia - where the Saransk training center is located - or Chuvashiya, where Cheboksary (site of 2008 World Cup) is located.

**Junior Men 10,000m Race Walk**

1. Valeriy Filipchuk	Morovia	40:34
2. Konstantin Kulagov	Morovia	40:51
3. Dmitriy Cheparev	Morovia	41:00

**Junior Women 10,000m Race Walk**

1. Anna Lukyanov	Mordovia	43:52
2. Nina Okhotnikova	Chuvashiya	44:09
3. Svetlana Vasil'yev	Chuvashiya	44:25

**Youth Men 5,000m Race Walk**

1. Nikolai Parshin	Mordovia	42:13
2. Nikolai Ivanov	Moscow	42:27
3. Alexander Ivanov	Chuvashiya	42:52

**Youth Women 5,000m Race Walk**

1. Ekaterina Medvedev	Mordovia	23:17
2. Nadyezhda Leont'yev	Chuvashiya	23:23
3. Svetlana Grigoryev	Chuvashiya	23:46

## 4TH WORLD MASTERS INDOOR CHAMPIONSHIPS, KAMLOOPS, CANADA

As mentioned in last week's newsletter, The World Masters Indoors Championships were completed this week in Canada. As expected, USA led the medal count with 240 medals (105 gold, 78 silver and 57 bronze), Canada was close behind at 210 medals (70 gold, 76 silver and 64 bronze), with Germany (38 gold, 25 silver, 31 bronze, 94 total), Australia (18 gold, 13 silver, 16 bronze, 47 total) and Great Britain (16 gold, 24 silver, 13 bronze, 53 total) rounding out the top five.

**Heather Carr** was our sole representative in the walks and she won golds in both the 3000m track walk (with a **new W60 World Indoors Record of 15:54.75**) and the 10km road walk. Here is what Heather had to say after her first gold on Wednesday

*Good news!! I finished first in my 3000m walk, in a time of 15:54.75. I was pleased with the result as conditions were very different than competing on a 400m track. It's a 200m track and indoors. It seems like you turn one corner and then you're into the next! Other competitors such as shot put and high jump are so close, and you feel a little claustrophobic! I started conservatively, as I wasn't sure what the judging would be like, but as I didn't get any red cards on the DQ board, I was able to walk comfortably. I wasn't sure of the time, as it's a 200m track, but was pleasantly surprised to see that I was capable of breaking the existing record as I entered the finish straight. The existing record was 15:59.53. I will go into Friday's race with confidence now. Am looking forward to the 10km outdoor race, as the conditions are not as severe as I thought they may have been. No snow on the ground, no bitter wind, just cool temperatures.*

For the record, her time in winning gold in Friday's 10km roadwalk was a quick **56:17.1**. Straight after her second win, she went directly to the Kamloops Airport to begin the return trip home to Melbourne — a sad journey, as she was going home for the funeral of her mother, who died on the eve of her trip to Kamloops. Our thoughts are with you, Heather.

I reproduce below the first 5 placings from each age groups. Some of the bigger age groups had a lot more than 5 entrants so the entire list is significantly bigger. Full results can be seen on the website at <http://www.kamloops2010masters.com/Results/index.htm>. Big names from the past included Janice McCaffrey of Canada, a three-time Olympian (1992, 1996, 2000) and Commonwealth Games medallist, who won golds in the W50 age group and Marcel Jobin, 1978 Commonwealth Games gold medallist, who took silvers in the M65 10km event.

### 3000m Track Indoors

W35	1	Samson, Caroline	W39	Canada	17:20.83
	2	Rodriguez Ruah, Pa	W36	Canada	19:20.33
W40	1	Megli, Milena	W43	Italy	15:33.20
	2	Brooke, Susan	W44	Canada	15:45.77
	3	Hanne, Liland	W40	Norway	16:00.51
	4	O'Leary, Sharon	W41	Canada	17:51.11
W45	1	Booyens, Ada G	W48	South Africa	15:57.06
	2	Hulley, Elizabeth	W46	Canada	16:06.36
	3	Gormley, Anne	W46	Ireland	18:27.12
	4	Saelen, Nina Solva	W46	Norway	18:44.50
	5	Krogenaes, Mette	W45	Norway	21:05.23
W50	1	McCaffrey, Janice	W50	Canada	15:24.99
	2	Sweazey, Nancy	W54	Canada	16:58.48
	3	Wilson, Linda	W54	Canada	17:02.04
	4	Cochereau, Veroniq	W50	France	17:04.28
	5	Rodrigue-Poscente,	W50	Canada	17:34.36
W55	1	Flipsen, Johanna	W55	Canada	17:00.52
	2	Watts, Sherry	W56	Canada	17:32.41
	3	Martino, Marianne	W59	United States	17:47.01
	4	Nityagovskaya, Liu	W55	Russia	18:15.48
	5	Turner, Joanne	W57	Canada	18:37.55
W60	<b>1</b>	<b>Carr, Heather R.</b>	<b>W60</b>	<b>Australia</b>	<b>15:54.75 WR</b>
	2	Buitrago, Olga	W62	Argentina	18:36.19
	3	Moskwa, Janet	W60	Canada	19:04.50
	4	Frable, Kathleen	W64	United States	19:51.63
W65	1	Jonkers, Riet	W66	Netherlands	19:49.59
	2	Rosenitsch, Ann Ma	W69	Canada	20:06.90
	3	Nagell-Dahl, Halld	W67	Norway	20:24.27
	4	Herrendoerfer, Urs	W69	Germany	21:19.73
	5	Sarkar, Eileen	W67	Canada	21:26.57
W70	1	McCall, Bev	W73	United States	20:03.45
	2	Langford, Jill L.	W70	Great Britain	20:09.07
	3	Sinkovec, Rita	W70	United States	20:09.53
W75	1	Carrier, Ruth	W79	Canada	25:04.56
	2	Acton, Myrtle	W77	Canada	26:02.10
W80	1	Estrada Esquivel,	W80	Mexico	23:53.84
	2	Buschhaus, Hildega	W81	Canada	25:51.70
	3	Pagu, Elena N	W83	Romania	26:36.78

M40	1	Svensson, Christer	M40	Sweden	13:38.39
	2	Kropik, Franz	M42	Austria	15:22.76
	3	Staedler, Karsten	M41	Germany	16:19.98
	4	Tardi, Emmanuel	M43	France	20:50.25
M45	1	De Los Angeles, Gu	M49	Mexico	13:19.52
	2	Gutierrez Brenes,	M48	Costa Rica	13:34.13
	3	Gnauck, Dick	M45	Germany	13:39.73
	4	Bodet, Glen	M48	United States	13:52.11
	5	Dietsche, Klaus	M47	Germany	13:55.66
M50	1	Matthews, Jonathan	M53	United States	13:05.14
	2	Bogaert, Dirk	M51	Belgium	14:12.06
	3	Kenney, James	M53	Canada	14:14.16
	4	Lyzhin, Sergey	M54	Russia	14:57.14
	5	Venturi Degli Espo	M53	Italy	14:59.51
M55	1	Schwarz, Alfons	M55	Germany	15:37.36
	2	Dragomir, Gerald	M58	Canada	15:42.36
	3	Thiedmann, Klaus	M55	Germany	16:02.34
	4	Harper, Steve	M59	United States	16:06.90
	5	Bruegel, Juergen	M56	Germany	16:55.09
M60	1	Niestelberger, Lud	M61	Austria	15:03.35
	2	Hall, John D.	M61	Great Britain	15:17.08
	3	Giannuzzi, Luigi	M61	Italy	16:07.63
	4	Frable, Norman	M64	United States	16:24.98
	5	Fiori, Mario	M62	Italy	16:28.61
M65	1	Turner, Colin	M65	Great Britain	15:59.55
	2	Jobin, Marcel	M68	Canada	16:05.22
	3	Karlov, Vladimir	M69	Russia	16:20.98
	4	Kittredge, John	M65	Canada	16:51.63
	5	Strieder, Hermann	M69	Austria	16:51.66
M70	1	Irbe, Zigurds	M74	Latvia	17:33.23
	2	Rubenis, Gunars	M71	Latvia	17:56.48
	3	Gottert, Klaus	M71	Germany	18:19.25
	4	Mikulis, Gunars Ja	M72	Latvia	21:12.76
	5	Finch, Bernie	M70	United States	21:16.76
M75	1	Du Bois, Alfred	M78	United States	20:04.35
	2	Popov, Yury	M75	Russia	21:15.33
	3	Shirzad, Sadegh	M76	Iran	21:40.03
	4	De Sillva, Henry	M76	Great Britain	21:57.33
	5	May, John C.	M79	Great Britain	22:25.83
M80	1	Starr, John	M81	United States	20:45.90
M85	1	Albrecht, Horst	M86	Germany	25:05.13

#### 10km Road

W35	1.	Bergeson, Jolene,	Canada,	1:06:29.40
	2.	Rodriguez Ruah, Paola,	Canada,	1:07:02.20
W40	1.	Megli, Milena,	Italy,	54:06.80
	2.	Brooke, Susan,	Canada,	55:33.80
	3.	Hanne, Liland,	Norway,	57:21.70
	4.	O'Leary, Sharon,	Canada,	1:01:54.10
W45	1.	Booyens, Ada G,	South Africa,	54:23.30
	2.	Hulley, Elizabeth,	Canada,	58:21.70
	3.	Gormley, Anne,	Ireland,	1:05:18.10
	4.	Saelen, Nina Solvaar,	Norway,	1:07:30.10
	5.	Krogenaes, Mette,	Norway,	1:13:06.40
W50	1.	McCaffrey, Janice,	Canada,	55:24.20
	2.	Cochereau, Veronique,	France,	1:00:18.00
	3.	Wilson, Linda,	Canada,	1:00:36.50
	4.	Rodrigue-Poscente, Michelle,	Canada,	1:03:21.90
	5.	Archibald, Sandra,	Canada,	1:03:37.80
W55	1.	Flipsen, Johanna,	Canada,	57:14.80
	2.	Martino, Marianne,	United States,	1:00:29.00
	3.	Watts, Sherry,	Canada,	1:00:41.80
	4.	Nityagovskaya, Liudmila,	Russia,	1:03:58.30
	5.	Crerar, Joanne,	Canada,	1:05:45.00
W60	1.	<b>Carr, Heather R.,</b>	<b>Australia,</b>	<b>56:17.10</b>
	2.	Buitrago, Olga,	Argentina,	1:05:34.40
	3.	Moskwa, Janet,	Canada,	1:06:18.40
	4.	Frable, Kathleen,	United States,	1:08:33.40
	5.	Jacob, Penny,	Canada,	1:31:37.70

W65	1.	Nagell-Dahl, Halldis M.,	Norway,	1:11:29.90
	2.	Herrendoerfer, Ursula,	Germany,	1:12:34.10
	3.	Van Leeuwen, Dianne,	Canada,	1:14:16.80
W70	1.	McCall, Bev,	United States,	1:09:22.50
	2.	Langford, Jill L.,	Great Britain,	1:09:36.80
	3.	Sinkovec, Rita,	United States,	1:09:38.50
W80	1.	Estrada Esquivel, Petra,	Mexico,	1:23:38.00
	2.	Pagu, Elena N,	Romania,	1:28:50.20
M40	1.	Svensson, Christer,	Sweden,	48:08.60
	2.	Kropik, Franz,	Austria,	55:54.80
	3.	Staedler, Karsten,	Germany,	56:30.20
	4.	Tardi, Emmanuel,	France,	1:08:04.90
M45	1.	De Los Angeles, Guadalupe,	Mexico,	47:13.70
	2.	Gutierrez Brenes, Sergio Antonio,	Costa Rica,	47:40.30
	3.	Gnauck, Dick,	Germany,	48:17.70
	4.	Bodet, Glen,	United States,	50:12.90
	5.	Dietsche, Klaus,	Germany,	50:25.10
M50	1.	Matthews, Jonathan,	United States,	46:34.20
	2.	Bogaert, Dirk,	Belgium,	51:38.20
	3.	Venturi Degli Espost, Franco,	Italy,	52:15.70
	4.	Kenney, James,	Canada,	52:27.20
	5.	Lyzhin, Sergey,	Russia,	52:58.60
M55	1.	Dragomir, Gerald,	Canada,	52:31.10
	2.	Harper, Steve,	United States,	55:58.40
	3.	Charrois, Henry,	Canada,	56:13.00
	4.	Thiedmann, Klaus,	Germany,	56:22.50
	5.	Bruegel, Juergen,	Germany,	59:11.10
M60	1.	Niestelberger, Ludwig M.,	Austria,	53:45.20
	2.	Hall, John D.,	Great Britain,	55:29.70
	3.	Frable, Norman,	United States,	56:23.80
	4.	Giannuzzi, Luigi,	Italy,	58:07.40
M65	1.	Turner, Colin,	Great Britain,	56:11.80
	2.	Jobin, Marcel,	Canada,	57:51.90
	3.	Kittredge, John,	Canada,	59:15.50
	4.	Purves, Bill,	Hong Kong,	59:58.80
	5.	Bjorsvik, Arvid,	Norway,	1:02:24.30
M70	1.	Irbe, Zigurds,	Latvia,	1:01:30.00
	2.	Rubenis, Gunars,	Latvia,	1:01:37.40
	3.	Gottert, Klaus,	Germany,	1:02:19.50
	4.	Mikulis, Gunars Janis,	Latvia,	1:14:59.70
	5.	Finch, Bernie,	United States,	1:21:58.00
M75	1.	Du Bois, Alfred,	United States,	1:09:25.40
	2.	De Silva, Henry,	Great Britain,	1:15:22.90
M80	1.	Starr, John,	United States,	1:13:14.00

**GRAN PREMIO CITTÀ DI LUGANO , LUGANO, SWITZERLAND, SUNDAY 14 MARCH 2010**

The IAAF website (<http://www.iaaf.org>) reports that reigning Olympic 50km Race Walking champion **Alex Schwazer** broke the 20km Italian record today with **1:18:24** at the Gran Premio Città di Lugano Memorial Albiseti, a EA Race Walking Permit Meeting which is part of the 2010 IAAF Race Walking Challenge. Schwazer smashed the long-standing national record held by former Olympic and World champion Maurizio Damilano who walked the distance in 1:18:54 in 1992 in La Coruna, after dominating the race from gun-to-tape. He passed through the first 5km mark in 19:25 and reaching 10km in 39:06 to be over a minute clear of the field and he ended up winning by over 2 minutes. Robbie Heffernan, eighth in the 20 km at the Olympic Games in Beijing, finished second in 1:20:44, ahead of 50 km specialist Grzegorz Sudol (fourth in the 50 km at the World Championships in Berlin), third in 1:20:49. Interestingly, Schwazer, now aged 25, is trained by Maurizio's brother Sandro.

Schwazer broke his previous PB by three minutes. It's his second Italian record this year - on 24 January he set the 35 km national record, smashing his previous best by ten minutes with an impressive **2:26:16** in Montalto di Castro. Since then he has been in racing mode, winning the Italian 5000m Indoor title with a world leading **18:46.49** on 27 February and last week attempting to break his own 50 km national record of 3:36:04 at the Italian 50km Championships in Signa near Florence. Unfortunately he had to fight against a strong wind on a cold day and clocked a solid **3:50:22** despite very difficult weather conditions.

"I knew that I could walk in 1:19 but breaking the record of Maurizio Damilano is a dream that comes true", said Schwazer. "I knew that it was a difficult record to beat. The work I have done in these past few years is bearing fruit now. I am now planning to train in Val Senales to prepare the 50 km at the World Cup in Chihuahua."

**Open Men 20km**

1.	Alex Schwazer	ITA	1984	1:18.23,2
2.	Robert Heffernan	IRL	1978	1:20.44,2
3.	Grzegorz Sudol	POL	1978	1:20.49,2
4.	Aleksandr Yargunkin	RUS	1981	1:20.54,6
5.	Ding Chen	CHN	1992	1:22.02,3
6.	Zhen Wang	CHN	1992	1:22.02,6
7.	Nazar Kovalenko	UKR	1987	1:22.22,1
8.	Jean-Jacques Nkouloukidi	ITA	1982	1:22.32,3
9.	Marco De Luca	ITA	1981	1:22.37,7
10.	Andrei Talashka	BLR	1982	1:23.52,8
11.	Aleksey Khimin	RUS	1989	1:23.55,3
12.	Sérgio Vieira	POR	1976	1:24.09,7
13.	Colin Griffin	IRL	1982	1:24.44,9
14.	Michael Doyle	IRL	1987	1:27.54,5
15.	Andrei Stscepanchuk	BLR	1979	1:28.12,1
16.	Brendan Boyce	IRL	1986	1:28.37,7
17.	Pasquale Sabino	ITA	1979	1:29.01,1
18.	Carl Dohmann	GER	1990	1:29.46,9
19.	Carlo Alberto De Casa	ITA	1986	1:29.55,5
20.	Darrel Stone	GBR	1968	1:30.01,6

Yanfei Li, a young Chinese walker born in 1990, who finished third at the IAAF World Junior Championships in 2008, took the win in the women's race in 1:31:26 beating her compatriot Li Li, who finished runner-up in 1:31:32. Third was Ines Henriques from Portugal in 1:32:30. The race started at a conservative pace. A big leading pack including Yanfei Li, Li Li, Ines Henriques, Johanna Jackson from Great Britain (winner last year in Lugano), Evangelia Xynou from Greece, Ana Cabecinha from Portugal, Zuzana Chindlerova from Czech Republic passed the 5km mark in a conservative 23:34. The 10km mark was reached in 46:48 with most of the leading pack still in contention. The race proper began at 13 km when Li Yanfei forced the pace, and at that point only Li Li managed to respond. Li Yanfei passed the 15 km in 1:09:09, five seconds clear of Li Li and now well clear of the following pack. The two Chinese girls, who are currently training in Saluzzo at the Italian Walking School where they receive technical advice from Sandro Damilano, walked neck-to-neck until Yanfei Li managed to break away from her compatriot in the final km and bridge a decisive 5-second lead to cross the finish-line in 1:31.26

**Open Women 20km**

1.	Yanfei Li	CHN	1990	1:31.26,2
2.	Li Li	CHN	1987	1:31.32,3
3.	Inês Henriques	POR	1980	1:32.30,8
4.	Johanna Jackson	GBR	1985	1:32.36,6
5.	Evangelia Xynou	GRC	1981	1:32.57,1
6.	Ana Cabecinha	POR	1984	1:33.14,3
7.	Zuzana Schindlerova	CZE	1987	1:33.17,0
8.	Hanna Drabenia	BLR	1987	1:34.25,1
9.	Lucie Pelantova	CZE	1986	1:34.47,6
10.	Olga Povalyayeva	RUS	1984	1:36.00,5
11.	Katalin Varró	HUN	1986	1:36.15,9
12.	Laura Reynolds	IRL	1989	1:37.28,1
13.	Tatyana Korotkova	RUS	1980	1:37.32,1
14.	Laura Polli	SUI	1983	1:38.11,5

15.	Maria Czakova	SVK	1988	1:40.26,9
16.	Gisella Orsini	ITA	1971	1:40.31,3
17.	Agnese Ragonesi	ITA	1985	1:41.23,9
18.	Valentina Garofalo	ITA	1984	1:43.15,9
19.	Katsiaryna Pashkouskaya	BLR	1976	1:46.36,0
20.	Karolina Skraskova	CZE	1987	1:48.08,4

For completeness, I reproduce the first 5 places from each junior event

**Under 20 Men 10km**

1.	Lukas Gdula	CZE	1991	43.13,9
2.	Luca Ferrari	ITA	1992	44.36,6
3.	Pavel Schrom	CZE	1991	44.51,0
4.	Alberto Gabbiadini	ITA	1991	47.14,5
5.	Antonio Cirillo	GBR	1991	48.43,9

**Under 20 Women 10km**

1.	Aikaterini Theodoropoulou	GRC	1993	47.54,3
2.	Georgiana Enache	ROM	1991	49.57,7
3.	Veronika Privalinková	SVK	1992	50.43,4
4.	Anezka Drahotova	CZE	1995	51.58,8
5.	Eliska Drahotova	CZE	1995	52.01,7

**29<sup>TH</sup> DUDINSKA PATDESIATKA, DUDINCE, SLOVAKIA, SATURDAY 27 MARCH 2010**

A record 271 walkers from 22 countries were entered in the 14 races in Dudince, the third of this year's six EA Walking Permit Meetings and the fourth IAAF Racewalking Challenge event for the year. The European Athletics website (<http://www.european-athletics.org>) carried the following report:

Poland's Rafal Augustyn caused an upset when he won the men's 50km walk, the highlight event at the European Athletics Walking Meeting in Dudince, Slovakia, on Saturday. Augustyn, 25, produced a strong finish over the final kilometre of the 29th Dudinska Patdesiatka to take over two minutes off his previous best with a winning time of 3:49:54, the second best time in the world this year. He was followed home by his compatriot Artur Brzozowski, who also clocked a personal best of 3:50:07 in second place. Both men overtook Ireland's flagging Robbie Heffernan around 300 metres from home before Augustyn triumphed after he pulled away from his team-mate in the final 100 metres. It was a cruel ending to the race for Heffernan, who finished sixth at the 2007 World Championships 20km Walk and eighth in the same event the following year at the Olympics, and who was making his debut at the longer distance.

Heffernan shared the early pace with the Norwegian favourite and 2009 World Championships silver medallist Trond Nymark before forging ahead on his own after 15 kilometres. The Irishman lead by 1:20 going into the final 2km loop but started to unravel badly almost as soon as the bell sounded. Nevertheless, he was rewarded with a national record of

3:50.08 with the first five men home all recording personal best times. In total, there were nine men under the world class benchmark of four hours. However, there was disappointment for Nymark, who dropped out of the race at 30km after suffering from stomach problems.

In the men's 20km race Slovakia's best walker Matej Toth won in 1:22:25. Ukrainian Ruslan Dmytrenko was second with 1:22:47 ahead of his team-mate Nazar Kovalenko with 1:23:46. In the women's 20km, Czech Zuzana Schindlerova won with 1:34:20 ahead of the best Slovak Zuzana Malikova (who currently lives in Ireland) who won her 7th national title with 1:34:53.

In the men's 10km Junior race Ukrainian Ihor Lyashchenko posted 41:20 to beat German Hagen Pohle (42:22); the top 5 went sub 43 minutes.

Main results were as follows:

**50 km Open Men**

1.	Augustyn Rafal	14.05.1984	POL	3:49:54
2.	Brzozowski Artur	29.03.1985	POL	3:50:07
3.	Heffernan Robert	28.02.1978	IRL	3:50:08
4.	Nowak Lukasz	18.12.1988	POL	3:50:30
5.	Linke Christopher	24.10.1988	GER	3:53:24
6.	Pereira António	10.07.1975	POR	3:55:41
7.	Kim Dong Young	06.03.1980	KOR	3:56:40
8.	Shin Il Yong	17.02.1979	KOR	3:57:46
9.	Houssaye Cedric	13.12.1979	FRA	3:59:20
10.	Bátovský Miloš	26.05.1979	SVK	4:01:15

**20 km Open Men**

1.	Tóth Matej	10.02.1983	SVK	1:22:25
2.	Dmytrenko Ruslan	22.03.1986	UKR	1:22:47
3.	Kovalenko Nazar	09.02.1987	UKR	1:23:46
4.	Talashko Andrei	31.05.1982	BLR	1:23:48
5.	Kučmín Anton	07.06.1984	SVK	1:27:04
6.	Celik Recep	18.06.1983	TUR	1:27:12
7.	Rácz Sándor	14.09.1986	HUN	1:28:46
8.	Deac Ciprian	29.08.1981	ROU	1:32:07
9.	Augustyn Lukasz	29.11.1990	POL	1:32:16
10.	Egan John	18.05.1982	IRL	1:32:35

**20 km Open Women**

1.	Schindlerová Zuzana	25.04.1987	CZE	1:34:20
2.	Malíková Zuzana	02.08.1983	SVK	1:34:53
3.	Madarász Viktória	12.05.1985	HUN	1:36:27
4.	Pelantová Lucie	07.05.1986	CZE	1:39:01
5.	Szwarnóg Agnieszka	28.12.1986	POL	1:40:31
6.	Świerczyńska Justyna	26.02.1987	POL	1:44:56
7.	Czáková Mária	02.10.1988	SVK	1:46:50
8.	Kažemaka Anita	30.05.1990	LAT	1:47:04
9.	Karaš Jolanta	03.05.1989	POL	1:47:48
10.	Mészáros Anita	24.10.1988	HUN	1:49:10

**10 km Junior Men**

1.	Lyashchenko Ihor	24.08.1993	UKR	41:20
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2.	Pohle Hagen	05.03.1992	GER	42:22
3.	Partanen Veli-Matti	28.10.1991	FIN	42:28
4.	Puzanov Ihor	10.10.1993	UKR	42:32
5.	Choi Byung Kwang	07.04.1991	KOR	42:36
6.	Schrom Pavel	17.03.1991	CZE	43:33
7.	Herba Jakub	19.02.1992	POL	45:22
8.	Márkus Viktor	29.10.1992	HUN	45:34
9.	Fáber Marcel	27.04.1992	SVK	46:36
10.	Ojala Aleks	09.12.1992	FIN	47:24

**10 km Junior Women**

1.	Chernenko Anna	27.12.1992	UKR	47:28
2.	Kriván Berta	17.01.1991	HUN	47:56
3.	Czychy Charlyne	14.03.1992	GER	49:38
4.	Švedaitė Karolina	26.05.1992	LTU	51:07
5.	Plomińska Natalia	30.07.1992	POL	51:23
6.	Jasińska Magdalena	04.10.1991	POL	51:50
7.	Litwiniuk Agata	06.10.1991	POL	51:52
8.	Korzeniowska Katarzyna	08.03.1991	POL	52:02
9.	Privalincová Veronika	12.03.1992	SVK	52:35
10.	Dennehy Fiona	01.01.1992	IRL	56:28

**19<sup>TH</sup> GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR EM MARCHA ATLÉTICA, RIO MAIOR,  
PORTUGAL, SAT 10<sup>TH</sup> APRIL 2010**

The 2010 IAAF Race Walking Challenge Series continued last Saturday with the 19<sup>th</sup> Grande Premio Internacional en Marcha Atletica in Rio Maior in Portugal. One of the bigger walk meets on the European calendar, it attracted strong fields once again. António Manuel Fernandes of the IAAF reported as follows on the 20km events (<http://www.iaaf.org>)

**Women's 20km, 5PM**

Spurred on by a hometown crowd, local hero Vera Santos, the fifth place finisher at last year's World Championships, took the women's title after leading throughout. In the first 10km she had China's Yanfei Li (1:28:57, PB), the 2008 World junior bronze medallist, and German Melanie Seeger (1:28:17 PB) for company. After 12km, only the Chinese girl remained in contention, and soon after, Santos was alone. Struggling towards the end, she won by nearly 1 minute with a time of 1:29:16.

"This was great winning here," said Santos, who was third in the 2008 Race Walking Cup. "I'm feeling in good shape, I felt this was my day and I forced the pace to the finish. I felt that I'm not so good in the final sprint, but I had some good signals after the Portuguese championship."

Santos is now focusing on the IAAF World Race Walking Cup in Chihuahua, Mexico, on 15-16 May. "I will start a period of preparation at altitude, in Sierra Nevada, just to prepare for it, and I will compete in Italy (Sesto San Giovanni, 1 May). I'm hoping that João Vieira, who was absent today because an injury, can be with me at the World Cup."

Behind Santos, Seeger made a good recovery and forced the pace to finish second in 1:30:11, just ahead of Spaniard Julia Takacs who improved her personal best by 22 seconds, clocking 1:30:20. Yanfei Li struggled in the late stages, and finished fourth, 33 seconds behind Takacs.

1.	Santos Vera	81	POR	1.29.16
2.	Seeger Melanie	77	GER	1.30.11
3.	Takacs Julia	89	ESP	1.30.20
4.	Li Yanfei	90	CHN	1.30.53
5.	Cabecinha Ana	84	POR	1.31.14
6.	Pascual Beatriz	82	ESP	1.31.41
7.	Henriques Inês	80	POR	1.32.19
8.	Saltanovic Kristina	75	LTU	1.32.42
9.	Li Li	87	CHN	1.34.25
10.	Sanchez Maria del Rosário	73	MEX	1.36.53
11.	Spindler Tania	77	BRA	1.37.01
12.	Lopes Cisiane Dutra	83	BRA	1.37.30
13.	Polli Laura	83	SUI	1.38.10
14.	Polli Marie	80	SUI	1.39.43
15.	Castelo Sara Alonso	91	ESP	1.42.46
16.	Hernández Angélica	87	MEX	1.43.35
17.	Nemere Dora	85	HUN	1.44.30
18.	Trabelsi Chaima	82	TUN	1.48.19
19.	Pereira Marisa S.	80	POR	1.50.55
	Loughnane Olive	76	IRL	DNF
	Sena Erica Rocha de	85	BRA	DNF
	Pinedo Ainhoa	83	ESP	DNF
	Sanchez Alba	88	ESP	DNF
	Lafi Olfa	86	TUN	DNF
	Conceição Ana	89	POR	DQ
	Gonçalves Maribel	78	POR	DQ

**Men's 20km , 5:30PM**

In the men's 20km, the contest was clearly between Norwegian Erik Tysse and Frenchman Yohan Diniz, with Tysse, the winner here in 2008, prevailing. The Norwegian, who had also finished third here twice, clocked 1:20:08 to the Frenchman's 1:20:23.

"This win was a first step towards achieving my main goal, the European Championship podium," said Tysse, who was seventh at the World Championships over this distance last year. "I'm in good shape and I proved it today. I'm going now for a period of training at altitude, in the United States, Arizona, where the Portuguese Susana Feitor, Inês Henriques and Ana Cabecinha, will also train." Tysse too is planning to compete at the next IAAF Race Walking challenge meeting in Sesto San Giovanni.

Behind the leading pair, China's Zhen Wang, who was sixth in Lugano earlier this season, clocked a personal best 1:20:42 to finish third, ahead of Luis Fernando Lopez of Colombia, the 2008 South American Champion, who clocked 1:21:17. Eder Sanchez of Mexico clocked 1:21:45 to finish fifth.

1.	Tysse Erik	80	NOR	1.20.08
2.	Diniz Yohan	78	FRA	1.20.23
3.	Wang Zhen	92	CHN	1.20.42
4.	López Luis Fernando	79	COL	1.21.17
5.	Sanchez Eder	86	MEX	1.21.45
6.	Chen Ding	92	CHN	1.21.59

7.	Toth Matej	83	SVK	1.22.04
8.	Kim Hyunsub	85	KOR	1.22.24
9.	Hohne Andre	78	GER	1.22.49
10.	Diaz José Ignacio	79	ESP	1.23.09
11.	Griffin Colin	82	IRL	1.23.53
12.	Berger Maik	79	GER	1.24.39
13.	Skarnulis Donatas	78	LTU	1.24.43
14.	Kinnunen Jarkko	84	FIN	1.24.43
15.	Byun Young-Joon	84	KOR	1.25.25
16.	Schmidt Carsten	86	GER	1.26.07
17.	Isidro Pedro	85	POR	1.26.11
18.	Cano Juan M.	87	ARG	1.26.22
19.	Dominguez Jose David	80	ESP	1.26.52
20.	Cardoso Augusto	71	POR	1.26.56
21.	Chocho Andrés	83	ECU	1.27.42
22.	Odrizola Mikel	73	ESP	1.28.09
23.	Torres Giovanni	90	MEX	1.28.24
24.	Teraoui Hedi	89	TUN	1.29.58
25.	Costa Faro Jorge	61	POR	1.31.25
26.	Silva Luís P	70	OR	1.33.55
27.	Gil Luis	75	POR	1.34.40
28.	Santos Pedro	86	POR	1.34.41
29.	António Cristiano	88	POR	1.37.18
30.	Tomasi Daniel	87	BRA	1.37.26
31.	Valente Nuno	88	POR	1.38.55
32.	Villanueva Cláudio	88	ECU	1.39.23
33.	Angueira Manuel Julio	72	ESP	1.39.28
34.	Nascimento Tiago	89	BRA	1.44.14
35.	Santos Nuno	88	POR	1.45.53
36.	Paiva Carlos	69	POR	1.52.14
	Ghoula Hatem	73	TUN	DQ
	Sudol Grzegorz	78	POL	DNF
	Vieira Sérgio	76	POR	DNF
	Collados Ferran	85	ECU	DNF
	Corchete Luis M.	84	ESP	DNF
	Gentile Giovanni	84	ITA	DNF
	Ventura Dionísio	79	POR	DNF
	Lopes Luis	90	POR	DNF
	Martins Seia Pedro	68	POR	DNF
	Nunes Pedro	89	POR	DNF
	Sbai Hassanine	84	TUN	DNF
	Ruiz Jose Puertas	89	ESP	DNF

## HONG KONG MTR RACEWALKING CARNIVAL – SUNDAY 18 APRIL 2010

I briefly mentioned in last week's newsletter that **Brendon Reading** (ACT) and **Nicole Fagan** (NSW) had taken second placings in the Hong Kong MTR Racewalking Carnival. I am now able to bring you Brendon's report, the race results and some great photos, thanks to Brendon. First, Brendon's take on his big event

Nicole Fagan and I were nominated by Athletics Australia to compete in the Annual Hong Kong MTR Racewalking Carnival last Sunday (19 April) in Central Hong Kong. With over 1600 competitors of all age levels and abilities, walkers competed in a range of events throughout the day. This is a huge carnival and one that has big financial backing from the Hong Kong Athletics Association as well as the MTR, the main public transport provider for Hong Kong. The event raises funds for various charities, the main one being the Hong Kong Hospital. The 10KM International Elite event saw competitors from China, Chinese Taipei, Korea, Japan, Malaysia and Australia. It was held in conjunction with the Hong Kong Elite event where roughly 50 local walkers competed.

Race day saw the weather being cool, overcast with occasional drizzling rain, ideal conditions for a good race walk, and I was feeling really confident of a good result as my training leading up to the event had been exactly what I wanted. Unfortunately I did not handle the 1Km loop course as well as I would have liked, and found it difficult to navigate the seven turns including a 180 degree U-turn. The back straight included a rise that built up over 200m, and after ten laps it was feeling even steeper. The Chinese Competitor and myself walked together for the first five kilometers exchanging the lead on a number of occasions to pass through in a time of 21:30. Unfortunately the Chinese walker then decided that it was time to make his move, and after he had dropped a lap close to the 4min/km mark, he had a sizeable lead. At this point the wind began to pick up, making it difficult to sustain a fast pace, with the rise finally starting to take its toll. However, I knew that if I could just continue to tick the legs over at a reasonable pace I would secure second place, and so after the final stages of the race I was able to cross the line in second behind the Chinese competitor in a time of 44:55. Despite not recording the time I had hoped for, I was thrilled with second place and the atmosphere of the crowd meant that I couldn't be too disappointed with my result.

I was fortunate enough to sit with the Chairman of the Hong Kong Athletics Association at both the welcome luncheon on Saturday and the farewell dinner on Sunday. He made us Australians feel very welcome and was keen to see the competition grow even bigger and better in future years. I would not only like to thank the HKAA for providing the airfare, accommodation and fantastic hospitality, but also the ACT Race and Fitness Walking Club for their financial assistance. Without such generous support I would not have been able to attend this very popular event. I am hoping to attend again next year and would encourage others to do so, especially the younger walkers, as this event would be an ideal opportunity to gain experience in competing overseas in a not so familiar environment

And now onto the results with the first 10 places from the two Elite 10km events. Note that in the women's championship, there is no time recorded for the winner. In fact, that walker walked one lap short but was still given the first placing as she was deemed to be far enough ahead at that stage to guarantee that she would have won anyway.

### Women's Elite International 10km Race

1.	Xie Li Juan	CHN	no time
2.	Nicole Fagan	AUS	51:21
3.	Norliana Binti Mohd Rusni	MAS	55:39
4.	Usami Saitoh	JPN	56:11
5.	Bok, Sun-Mi	KOR	no time
6.	Chang Chai Feng	TPE	57:04
7.	Ng Sau Man	HKG	57:06
8.	Kwok Chik Ha	HKG	57:12
9.	Chu Kwan Mei Judy	HKG	1:02:42
10.	Cheng Ip Ming	HKG	1:02:42

### Men's Elite International 10km Race

1.	Yang Tau	CHN	43:39
2.	Brendon Reading	AUS	44:55
3.	Satoshi Maruo	JPN	45:34
4.	Dhiban Raj So Theyagasoi	MAS	45:35
5.	Cheung Wai Tak	HKG	53:13
6.	Ng Hang Tat, Sam	HKG	55:55
7.	Fan Ming Yan	HKG	57:38
8.	Chan Ka Yiu	HKG	57:52
9.	Lee Chun Wai	HKG	58:30
10.	Yu Wai Kee	HKG	1:00:54



Brendon and Nicole on the start line



Brendon leads the 10km men's event early on



Nicole mid race



Nicole and Brendon with their US\$400 cheques

Reigning 50 km Olympic champion Alex Schwazer of Italy and Vera Santos of Portugal took the honours at the 53<sup>rd</sup> edition of the famous Coppa Città di Sesto San Giovanni race on Saturday. This IAAF Race Walking Challenge event, the only one on Italian soil, was the last chance for a hitout for the top Europeans before the World Racewalking Cup in Mexico in 2 weeks time and the big names were out in force. The race started and finished in the Dordoni Stadium and used 2km laps around the inner city streets. You can check out full race details and full results at the race website <http://www.sestowalks.it>. My report and photos are taken from Diego Sampaolo's report on the IAAF website (<http://www.iaaf.org>).

### 20km Men

The men's race set off from the Pino Dordoni Stadium at 4 pm on a warm and humid afternoon. The leading pack, featuring Schwazer, Eric Tysse of Norway, Yohan Diniz of France, Ireland's Robert Heffernan and Brazilian Moacir Zimmermann, started conservatively in the first part reaching the 5km in 20:27.

Schwazer, who broke the 20km Italian record in Lugano with 1:18:24 last March, broke away at 6km when he launched his decisive attack. He reached the 10km mark in 40:17 (with a 5km split between 5 and 10km clocked in 19:48).

He increased his lead on Tysse from 18 seconds at 10km to 25 seconds at 12km. His margin on the Norwegian grew to 30 seconds at 15km which he passed in 1:00:19 (19:59 between 10 to 15km). Diniz was caught by Tunisia's Hassanine Sbai at 14km. The Frenchman managed to respond, clinching third place in the final 500 metres and crossing the finish-line in 1:22:44 to hold off Sbai by seven seconds.

The final 5km were a stroll in the park for Schwazer who received a strong support along the course from his famous girlfriend Carolina Kostner, the European Ice Skating Champion and his fans coming from Südtirol who follow him in every race. The Italian entered the Pino Dordoni Stadium with a gap of one minute over Tysse (fifth at the Olympic Games in Beijing in the 50km). He crossed the finish-line in 1:20:29, a good result in humid weather conditions.

"In Lugano I wanted to clock a fast time. Today my goal was to win and not to walk a fast time. It is difficult to walk fast times in Sesto. It's a race with a great history," said Schwazer. "I was unsure about my shape after training hard at altitude in Val Senales. I stayed in the pack at the beginning of the race. Then I realized that I was in good shape and I launched my attack. It was not so easy as it seemed."

Schwazer will return to Val Senales where he stays until 6 May, when he leaves to Mexico. He will train at altitude there to be ready for the World Cup in Chihuahua where he plans to compete in the 50km. His splendid 1:18:24, set in Lugano where he bettered Maurizio Damilano's national record by 30 seconds, opened to him the possibility of a 20km-50km double at this summer's European Championships in Barcelona, although it seems unlikely as the 50km race takes place on 30<sup>th</sup> July only three days after the 20km. "My main race is the 50km. I will take a definitive decision about a possible double in Barcelona after my return from Mexico."

Tysse achieved his fourth podium in Sesto San Giovanni (first in 2007, third in 2006 and 2008) in finishing second. "It was a very good competition. The race started slowly because of the high humidity. It was important to finish in the top-three. Alex made a very strong race. I will compete in the 20km in both Chihuahua and Barcelona," said Tysse.

1.	Alex Schwazer	Italy	1:20:29
2.	Erik Tysse	Norway	1:21:29
3.	Yohan Diniz	France	1:22:44
4.	Hassanine Sbai	Tunisia	1:22:51
5.	Bertrand Moulinet	France	1:23:23
6.	Yu Wei	China	1:23:38
7.	Wang Zhen	China	1:23:49
8.	Herve Davaux	France	1:23:52
9.	Chen Ding	China	1:24:13
10.	Joao Vieira	Portugal	1:24:17

### 20km Women

Vera Santos became the first Portuguese woman in history to take the win at the Coppa Città di Sesto San Giovanni which celebrated the 31st edition of the women's race. Santos narrowly missed her own PB clocking a solid 1:28:29 on an overcast morning in Sesto San Giovanni on the outskirts of Milan. It was the second win in a row for the 28-year-old Portuguese after the first place on home-turf in Rio Major. Santos beat German Melanie Seeger by 51 seconds after a dominating race from the 10km. Johanna Jackson from Great Britain finished third in 1:32:05.

Santos and Seeger took the early lead during the three laps inside the Pino Dordoni athletics stadium closely followed by Berlin's World silver medallist Olive Loughnane from Ireland and China's World Junior bronze medallist Li Yanfei who was planning to walk only the first half as a test before the Chihuahua IAAF World Cup.

Santos and Li (winner in the Lugano Memorial Albisetti on 14<sup>th</sup> March) took the initiative from the early kilometres and walked in the front at 5km which they passed in 22:09. Li and Santos engaged a neck-to-neck race until the 10km, while Seeger managed to close the gap on the leading group.

After Li went through the halfway mark in 44:03, she dropped out according to plans and Santos remained in the front alone with a lead of 15 seconds over Seeger. The Portuguese, third at the 2008 IAAF World Cup in Cheboksary, increased her lead over Seeger to 29 seconds at the 15km (1:06:21 to 1:06:50 for the German). This attack proved to be decisive for Santos who continued to push the pace, opening up a lead of over 50 seconds in the final five kilometres. Olive Loughnane was disqualified at 15km. Santos romped home in the Sesto athletics stadium in 1:28:29, the second fastest time of her career after

her PB of 1:28:14 set in 2008. For Santos it's the fifth fastest time in the world this year.

"I am still working hard to be in top form for Chihuahua. The World Cup will be held at altitude which may become a negative factor for me. My biggest goal is the European Championships in Barcelona this summer," said Santos.

Seeger, who received two warnings at 12km, did not take any risks and managed to defend her second place dipping under 1:30 with 1:29:20. The German, who gave birth to her daughter Helena last year, had already set the qualifying time for the European Championships in Barcelona with her 1:30:11 in her previous race in Rio Major where she finished second behind Santos.

"I enjoyed this race. The course was fast and there were a lot of spectators to support us. I have not set goals in my comeback year. I won't go to Chihuahua as the German Federation will not send a team. Before the European Championships in Barcelona I am planning to compete in La Coruna. It may be hot this summer in Barcelona but I am not afraid of hot weather," said Seeger.

1.	Vera Santos	Portugal	1:28:29
2.	Melanie Seeger	Germany	1:29:20
3.	Johanna Jackson	Great Britain	1:32:05
4.	Lingling Tong	China	1:35:17
5.	Ni Gao	China	1:35:33
6.	Zuzana Malikova	Slovakia	1:36:24
7.	Ainoha Pinedo	Spain	1:36:29
8.	Federica Ferraro	Italy	1:36:39
9.	Laura Polli	Switzerland	1:36:54
10.	Viktoria Madarasz	Hungary	1:39:28

## WORLD RACE WALKING CUP, CHIHUAHUA, MEXICO, 15-16 MAY 2010

A live video feed from the world cup was available via the website <http://live.spvod.com> so I was able to watch all 5 events over the two days of competition. There are also a number of excellent web resources with their own reports and photos

<http://www.iaaf.org/wrw10/index.html>

<http://www.athletics.org.au>

<http://www.chihuahua2010.com/>

<http://www.racewalk.com>

The IAAF website has extensive coverage and a selection of photos

The Athletics Australia website has a couple of separate reports

The Local Organising Committee website as extensive coverage

Jeff Salvage has produced his usual superb photo stories on each event

### 50km Senior Men, Saturday 15 May, 8AM Start Time

The 50km event was a superb event in very tough conditions. The sun was out from the start as it quickly heated up towards the expected top of 32°C. To make matters worse, the 2km course had no shade whatsoever and a hot strong wind kicked up in the second half of the race and really blew a gale in the final stages of the event.

Early on, **Jared Tallent**, team captain **Chris Erickson** and **Luke Adams** were all prominent in the lead pack while **Tom Barnes** was walking at a more measured pace back in the main field. It was not until home town favourite Horacio Nava kicked the pace down after 10km that the front group started to split. Even though Nava passed the 20km mark in a pedestrian 1:34:39, it was enough to break the race apart and he had a 30 sec lead over the next best, fellow Mexican Christin Berdeja with Jared in third not far behind and Chris and Luke in the lead pack, both filling out top 8 places and not far in arrears.



**The pack early on – Jared, Luke and Chris were all prominent**

Unfortunately conditions took their toll on Luke and he eventually retired at around the 30km mark with stomach problems, having lost contact with the chasing group and fallen back into the main field. Chris was having a better race but two forced pit stops (at around 20km and again at around 30km) meant that on each occasion he lost contact with the chasing group and had to work hard to get back onto level terms with them.

While all this was going on behind him, Nava continued to lead, forcing the pace and looking fantastic. Jared was never far behind and had nearly bridged the gap when, as he passed under the finish banner at the 30km mark, he was violently sick for some 30 secs. I thought that would be the finish for him but somehow he got going again and, to my utmost surprise, eventually caught Nava at around the 40km mark. But the effort had been too much and he then dropped behind him again back into second place.

With all this going on at the front, Chris finally recaptured the chasing pack after walking alone for more than 10km in the hot windy conditions and he passed the mark in 10<sup>th</sup> place, in a group of 8 covering 5<sup>th</sup> to 11<sup>th</sup> place - this group included Slovakian walker Matej Toth, the eventual winner. It was at this stage that the group put the hammer down and Chris, having worked so hard to bridge the gap, was dropped again.

Toth was unstoppable, surging right up to Jared and passing him, then bridging what had looked like an unbeatable gap to Nava in the final kilometre. His final 5km split was 21:44 was easily the fastest of the race. Nava held on for second while Jared took third with 3:54:55, his first ever World Cup medal and one that adds to his growing reputation as a big time walker. Chris ended up 15<sup>th</sup> in 4:03:56 for his best ever World Cup placing (after 31<sup>st</sup>, 26<sup>th</sup> and 30<sup>th</sup> in his previous 3 outings) but when I spoke to him on the phone post-race, he was disappointed and felt that his two toilet breaks had forced him to work too hard mid race and this had put paid to his chances in the final 10km.

Tom Barnes was our third finisher with 4:16:17. Tom had to walk his own race in the middle of the field and had been in 31<sup>st</sup> place at 20km. To his credit, he held his ground and finished a very creditable 33<sup>rd</sup> out of 53 finishers (58 starters) in his first ever World Cup. There was only 1 DQ and only 4 DNFs, very surprising given the torrid conditions. None of the Australians had any reports against their names.

Jared was quoted on the AA website after the race

*“It was definitely a tough day at the office, not everything went my way so I was happy just to finish in the end and still get a medal. After about 15km I was having trouble keeping my fluid down, I got to the 27km mark and started to throw up and then at 30km I stopped right in front of the grandstand and just puked like I did in Beijing. I felt better once I did that and put on a few good laps but I was trying to drink and it just wasn't going down so effectively I walked the last 20km without having a drink which made it tough, especially with the weather.”*

In the team standings, our chances took a big hit with Luke's DNF. The Mexicans looked set for team gold for most of the race but had to be content with silver, missing out by just 1 point as a trio of Chinese finishing strongly with all 3 in the top nine. In the fight for bronze, Russia and Spain both totalled 38 points but the medal was awarded to the Russians as their third walker as 16<sup>th</sup>, 6 places ahead of the third placed Spaniard. We had a finishing team compliments of Jared, Chris and Tom and we were fifth, next in behind the Spanish.

Toth's splits show how he won the race – the first half in 1:59:33 and the second half in 1:53:37!

24:23 23:57 24:00 24:02 23:31 23:23 23:28 23:11 22:11 21:54

Toth with all other Slovak walkers came off a big volume-intensity camp of one month's duration at 2400m altitude in Mexico and only moved down to Chihuahua a few days before the race. They had expected very hot and dry weather and they did not believe there would be anybody walking under 3:50. The strategy for the team was to walk comfortably, keep technically clean and just finish the race. The head coach was expecting that Toth would finish in the top 6 if everything went well and in the top 12 if he had problems. Their strategy certainly proved correct.



**The podium – Horacio Nava, Jatej Toth and Jared Tallent**

1	Matej Tóth	SVK	3:53:30
2	Horacio Nava	MEX	3:54:16
3	<b>Jared Tallent</b>	<b>AUS</b>	<b>3:54:55</b>
4	Tianfeng Si	CHN	3:55:06
5	Jesús Angel García	ESP	3:55:41
6	Yuki Yamazaki	JPN	3:55:44
7	Cristian Berdeja	MEX	3:56:26
8	Lei Li	CHN	3:56:46
9	Faguang Xu	CHN	3:57:50
10	Sergey Sergachev	RUS	3:58:11
11	Mikel Odriozola	ESP	3:58:15
12	Yury Andronov	RUS	3:58:21
13	Omar Zepeda	MEX	3:59:39
14	Marco De Luca	ITA	4:00:45
15	<b>Chris Erickson</b>	<b>AUS</b>	<b>4:03:56</b>
16	Sergey Melentyev	RUS	4:05:00
17	Rafal Sikora	POL	4:05:02

18	Bertrand Moulinet	FRA	4:05:08
19	José Leyver Ojeda	MEX	4:05:23
20	Rodrigo Moreno	COL	4:05:44
21	Colin Griffin	IRL	4:06:05
22	Juan Manuel Molina	ESP	4:06:08
23	Ferrán Collados	ESP	4:06:24
24	Emerson Hernandez	ESA	4:06:47
25	Yunpeng Du	CHN	4:07:32
26	Diego Cafagna	ITA	4:10:18
27	Federico Tontodonati	ITA	4:11:29
28	Cedric Houssaye	FRA	4:12:55
29	Ivan Zhanov	RUS	4:14:31
30	Marc Mundell	RSA	4:14:42
31	Dionísio Ventura	POR	4:15:17
32	Miloš Bátorovský	SVK	4:15:23
<b>33</b>	<b>Tom Barnes</b>	<b>AUS</b>	<b>4:16:17</b>
34	Jorge Costa	POR	4:17:19
35	Luis Gil	POR	4:17:47
36	Andrea Adragna	ITA	4:18:53
37	Herve Davaux	FRA	4:18:53
38	David Guevara	ECU	4:20:59
39	Dušan Majdan	SVK	4:21:23
40	Cláudio dos Santos	BRA	4:21:28
41	Eddy Roze	FRA	4:23:16
42	Sébastien Biche	FRA	4:26:22
43	Magno Mesías Zapata	ECU	4:27:19
44	Xiaoxin Gou	CHN	4:30:10
45	Róbert Tubak	HUN	4:39:31
46	László Novák	HUN	4:45:13
47	Jonathan Matthews	USA	4:45:52
48	Gyula Dudás	HUN	4:48:19
49	Edgar Cudco	ECU	4:48:45
50	Ray Sharp	USA	4:56:52
.	Washington Alvarado	ECU	DQ
.	Luke Adams	AUS	DNF
.	Bernardo Calvo	CRC	DNF
.	Marco Benavides	ESA	DNF
.	José Alejandro Cambil	ESP	DNF
.	Luis Fernando García	GUA	DNF
.	Fabio Ruzzier	SLO	DNF
.	David McGovern	USA	DN

### 10km Junior Men, Saturday May 15, 5PM Start Time

The expected Russian charge from the gun saw all three of their walkers past the 2km mark in 8:33 with a small lead over a chasing group of around 12 walkers. Just before the 5km mark, the chasing group closed the tiny lead and immediately the pace picked up again with a breakaway group of six crossing halfway in 21:06 - amazing, considering the 35°C temperature that was battering them.

At the bell (8km in 34:00) it was a race of 3 - Cai of China, Bonfim of Brazil and Arevelo of Colombia. But little did the Brazilian realise that three red cards had already appeared next to his name and, although he powered on, the 19-year-old was living on borrowed time.

Once Bonfim was taken off by the chief judge, Arevelo pounced with a devastating final attack and it was all over for Cai who had to be content for second place. A tiring Valeriy Filipchuk made sure Russia got at least one medal although it was only a bronze this year.

The team competition was just as exciting with Russia edging out China for gold with Arevelo's day made when Colombia got a team bronze with Alexander Castaneda finishing eighth.

Australia did not fare so well with **Sean Fitzsimons** and **Dane Bird-Smith** both being disqualified (I believe that Dane was sitting inside the top 10 when disqualified soon after the half way mark). That left **Rhydian Cowley** as our sole finisher and he looked pleased with his relatively high final placing of 15th. Given the torrid conditions, his final time of 46:57 was excellent.

1	Eider Arévalo	COL	42:13
2	Zelin Cai	CHN	42:22
3	Valery Filipchuk	RUS	42:58
4	Konstantin Kulagov	RUS	43:24
5	Fudong Cong	CHN	43:55
6	Wenbin Niu	CHN	44:03
7	Ever Palma	MEX	44:29
8	Alexander Castañeda	COL	44:52

9	Trevor Barron	USA	45:17
10	Tadeo Vega	MEX	45:33
11	Massimo Stano	ITA	45:45
12	Veli-Matti Partanen	FIN	46:14
13	Giovanni Renó	ITA	46:19
14	Julio César Salazar	MEX	46:23
<b>15</b>	<b>Rhydian Cowley</b>	<b>AUS</b>	<b>46:57</b>
16	Mieczyslaw Romanowski	POL	47:29
17	Alberto Amezcua	ESP	47:43
18	Tyler Sorensen	USA	47:54
19	Juan Antonio Raya	ESP	48:36
20	Viktor Márkus	HUN	48:40
21	Lukás Gdula	CZE	49:04
22	Andrzej Lobaczewski	POL	49:06
23	Dimitri Malosse	FRA	49:33
24	Pavel Schrom	CZE	49:56
25	Nicolas Gosselin	FRA	50:02
26	Hugo Andrieu	FRA	50:49
27	Victor Paloma	ESP	51:19
28	Daniel Lord	NZL	51:24
29	Jiri Malysa	CZE	51:54
30	Alejandro Chavez	USA	52:41
.	Dane Bird-Smith	AUS	DQ
.	Sean Fitzsimons	AUS	DQ
.	Caio Bonfim	BRA	DQ
.	José Leonardo Montaña	COL	DQ
.	Dementiy Cheparev	RUS	DQ
.	Leonardo Dei Tos	ITA	DNF
.	Youssef Sharaf Ahmed	EGY	DNS

#### 20km Senior Women, Saturday May 15, 6PM Start Time

The race start time of 6PM meant that the sun was low on the horizon and the long shadows cast some shade at times. This certainly meant less radiant heat than the 50km men experienced but the temperature was still 32°C early in the race so it was still hot, hot, hot! Conditions cooled as the race progressed and this allowed for some fine performances overall.

A big pack led early with a slow first 2km before a group of 4 of the favourites - Anisya Kirdyapkina (RUS), Vera Santos (POR), Vera Sokolova (RUS) and María Vasco (SPA) - took control, increasing the tempo to reel off a few 4:30 km splits. This soon broke the field and they passed the 5km mark in 23:29 with a good lead over the rest. **Jess Rothwell** was the best of the Australians in 16<sup>th</sup> place but **Cheryl Webb** had been DQd so we were out of the teams competition already.



Soon after the start in the women's 20km – Jess Rothwell and Cheryl Webb are on the right

Santos and Sokolova were making the pace at the front of the leading group and the situation remained unchanged until around the 9km mark when Kirdyapkina dropped off and Inês Henriques of Portugal moved into a clear 5<sup>th</sup> spot - we now had 2 Portuguese, 2 Russians and one Spanish walker clear of the rest.

The 10km mark was reached in 46:35 with Jess Rothwell improving to 10<sup>th</sup> position with her split of 47:36 and **Claire Tallent** in 24<sup>th</sup> position with a time of 49:17.

T teams event seemed to be between Spain with 3 walkers in the first 12 and Portugal with 4 walkers in the top 15.

Near the 13km mark, Sokolova was dropped, leaving Santos and Vasco to fight it out. Santos was putting in a big effort and the shorter striding Vasco seemed to be just hanging on. By the 15km mark, the two Iberian walkers had a 30sec lead over the chasers and both had clean slates from a judging perspective. Jess Rothwell was now in 9<sup>th</sup> spot so was obviously holding on well and walking a great race in the chasing pack.

Santos put in two big laps of 9:03 and 9:04 to the 16km mark and showed no signs of fading. The pressure was maintained with a 4:28 split (her fastest for the race) to the 17km mark and this was sufficient to give her a small lead over Vasco. Henriques had now overtaken Sokolova to be in 3<sup>rd</sup> spot and was racing strongly – it looked like 1<sup>st</sup> and 3<sup>rd</sup> for Portugal and 2<sup>nd</sup> for Spain.

But Vasco was not finished and somehow regained the shoulder of Santos. Every time Santos surged, Vasco responded and a 4:30 lap to the 18km mark showed that neither was going to give an inch. Vasco who is a notoriously fast finisher, somehow found an extra gear and surged past Santos just before the 19km mark and from there, she was unchallenged, winning with a time of 1:31.55, 11 secs clear of her Portuguese rival.

Although Jess Rothwell had briefly moved up into 7<sup>th</sup> place, she was overtaken in the final stages by a couple of walkers, eventually finishing 9<sup>th</sup> with 1:35:04, a great debut into the senior ranks after her 5<sup>th</sup> place in the Junior 10km in the last World Cup. This should now guarantee her the third spot in the Commonwealth Games women's walk team. Claire Tallent walked her usual gutsy race to finish 19<sup>th</sup> in 1:39:08, her best placing ever in major international competition.

The teams race saw Portugal (2,3,8) finish ahead of Spain (1,10,11) with China (5,13,14) taking third ahead of Russia (4,6,23)

1	María Vasco	ESP	1:31:55
2	Vera Santos	POR	1:32:06
3	Inês Henriques	POR	1:33:28
4	Vera Sokolova	RUS	1:33:54
5	Yanfei Li	CHN	1:34:18
6	Anisya Kirdyapkina	RUS	1:34:47
7	Mayumi Kawasaki	JPN	1:34:53
8	Ana Cabecinha	POR	1:34:57
<b>9</b>	<b>Jess Rothwell</b>	<b>AUS</b>	<b>1:35:04</b>
10	María José Poves	ESP	1:35:38
11	Beatriz Pascual	ESP	1:36:08
12	Kristina Saltanovic	LTU	1:36:28
13	Hong Liu	CHN	1:36:34
14	Yang Shi	CHN	1:37:38
15	Yawei Yang	CHN	1:37:38
16	Susana Feitor	POR	1:37:58
17	Zuzana Schindlerová	CZE	1:38:06
18	Li Li	CHN	1:38:59
<b>19</b>	<b>Claire Tallent</b>	<b>AUS</b>	<b>1:39:08</b>
20	Maria del Rosario Sánchez	MEX	1:39:16
21	Katarzyna Kwoka	POL	1:39:28
22	Kumi Ootoshi	JPN	1:39:29
23	Liudmila Arkhipova	RUS	1:39:37
24	Masumi Fuchise	JPN	1:40:04
25	Yadira Guamán	ECU	1:40:19
26	Júlia Takács	ESP	1:40:58
27	Sandra Galvis	COL	1:41:39
28	Maria Guadalupe Sánchez	MEX	1:41:52
29	Brigita Virbalyté	LTU	1:42:05
30	Lorena Luaces	ESP	1:42:46
31	Anne-Gaëlle Retout	FRA	1:43:03
32	Marie Polli	SUI	1:43:10
33	Katalin Varró	HUN	1:43:13
34	Tania Regina Spindler	BRA	1:43:15
35	Claudia Balderrama	BOL	1:43:40
36	Hanna Drabenia	BLR	1:44:16
37	Ingrid Hernández	COL	1:44:38
38	Miriam Ramón	ECU	1:44:57
39	Agnieszka Dygacz	POL	1:45:24
40	Cristina López	ESA	1:45:43
41	Laura Reynolds	IRL	1:46:10
42	Angélica Hernández	MEX	1:46:14
43	Johana Ordóñez	ECU	1:46:56
44	Tatiana Mineeva	RUS	1:47:05
45	Lucie Pelantová	CZE	1:47:11
46	Johanna Jackson	GBR	1:47:12
47	Solomiya Login	USA	1:47:43
48	Milángela Rosales	VEN	1:48:12
49	Mónica Equihua	MEX	1:50:45

50	Agnieszka Szwarnóg	POL	1:51:51
.	Cheryl Webb	AUS	DQ
.	Claudia Cornejo	BOL	DQ
.	Verónica Colindres	ESA	DQ
.	Cisiane Lopes	BRA	DNF
.	Sandra Zapata	COL	DNF
.	Paola Pérez	ECU	DNF
.	Eszter Gerendási	HUN	DNF
.	Anett Torma	HUN	DNF
.	Maria Esther Sánchez	MEX	DNF
.	Tatiana Sibileva	RUS	DNF
.	Maria Czaková	SVK	DNF
.	Chaima Trabelsi	TUN	DNF
.	Stephanie Casey	USA	DNF
.	Miranda Melville	USA	DNF
.	Gehad Adel	EGY	DNS
.	Paulina Buziak	POL	DNS

### 10km Junior Women, Sunday May 16, 9AM Start Time

All but a couple of the 31 starters formed a large pack early on, the 3 Russians menacingly near the front but content to let others take the pace out. By the 2km mark, reached in a slow 10:03, the pack had split with the first two Australians **Regan Lamble** and **Beth Alexander** both still in contact but **Rachel Tallent** now trailing by some 10 secs.

Like Saturday, it was sunny but, at 9AM, not yet too hot by the look of things. Nothing much happened for the first 5km which was passed in a sedate 25:12 but this pace was sufficient to reduce the lead group to 12. Beth and Regan were still there along with the 3 Russians, 2 Mexicans and the 3 Chinese.

The pace then kicked up and, within a kilometre, the group had been reduced to 7 with the two Australians losing contact. Antonella Palmisano of Italy was the culprit with a series of surges that had been too much for all but the Russians and Chinese. She kept the pace up with a 4:30 km to the 7km mark, getting a vital 20m lead over the remaining 5 walkers of the lead pack (3 Russians and 2 Chinese). By 9km (reached after two 4:29 km splits), the lead had built up to 50m and the chasing group was down to 3 (1 Russian and 2 Chinese). Technically she looked very good, certainly better than the chasing group who were getting a number of yellow cards shown to them by the judges.

It turned into the easiest of wins for the Italian with no one able to challenge her dominant display and she finished 5 seconds clear with 47:52. Qin He of China broke away from the other 2 chasers with 300m to go and slightly bridged the gap with her finish time of 47:57 but she was never going to challenge the Italian. China took the Teams championship with 2<sup>nd</sup> and 4<sup>th</sup> ahead of Russia with 3<sup>rd</sup> and 5<sup>th</sup>. The dominant Russians had not taken all before them as had perhaps been expected. Italy was 3<sup>rd</sup>, Mexico 4<sup>th</sup>, France 5<sup>th</sup> and Australia 6<sup>th</sup> in the Teams competition.

The final results showed Beth 12<sup>th</sup> with 50:56, Regan 15<sup>th</sup> with 51:16 and Rachel 27<sup>th</sup> with 56:19.



Antonella Palmisano of Italy leading the pack in the 10km Junior Women – <http://www.iaaf.org>

1	Antonella Palmisano	ITA	47:52
2	Qin He	CHN	47:57
3	Anna Lukyanova	RUS	48:00
4	Jing Zhao	CHN	48:03

5	Svetlana Vasilyeva	RUS	48:35
6	Nina Okhotnikova	RUS	49:02
7	Ting Zhang	CHN	49:39
8	Alejandra Ortega	MEX	49:49
9	Sandra Nevarez	MEX	50:23
10	Sara Alonso	ESP	50:29
11	Federica Curiuzzi	ITA	50:45
12	Beth Alexander	AUS	50:56
13	Ines Pastorino	FRA	51:00
14	Emilie Menuet	FRA	51:08
15	Regan Lambie	AUS	51:16
16	Berta Kriván	HUN	52:23
17	Paula Martínez	ESP	52:49
18	Wendy Cornejo	BOL	52:50
19	Cecilia Stetskiv	ITA	53:30
20	Cornelia Swart	RSA	53:43
21	Georgiana Enache	ROU	53:51
22	Kimberly García	PER	54:02
23	Sandra Yerga	ESP	54:06
24	Linda Paz	ESA	54:07
25	Amandine Marcou	FRA	54:51
26	Magdalena Jasinska	POL	54:59
27	Rachel Tallent	AUS	56:19
28	Katarzyna Korzeniowska	POL	56:32
29	Mirna García	PER	57:25
30	Josefine Klausen	DEN	58:28
.	Mariana Geldis	MEX	DNF
.	Basant Ramadhan Hassan	EGY	DNS
.	Adriana Turnea	ROU	DNS

#### 20km Senior Men, Sunday May 16, 10:10AM Start Time

The final event of the weekend started at 10:10AM with 76 starters and 17 teams in action. The temperature in Chihuahua was now 24°C and would presumably continue to rise as the race progressed.

Ivano Brugnetti of Italy and Eder Sanchez of Mexico led them through the 1km mark but the field was closely packed and the elite walkers seemed comfortable with the early pace. **Adam Rutter** was visible just sitting on the right hand side of the large pack, back several rows from the front while **Ian Rayson** was walking his own race further back in the field. As usual, it was Brugnetti pushing the pace and going to a lead of a few metres as the first lap of 2km was completed.

Brugnetti was still showing the way at 4km (16:43) along with Eric Tysse of Norway and Jianbo Li of China but the large pack was ever present, Adam included. By the 5km mark, the pack was down to about 20 key players as the consistent 4:10 laps started to take their toll. The 7km mark was reached with the fastest lap so far (4:07), compliments of Brugnetti, and the lead group was now down to 11.

Brugnetti, the 2000 Olympic champion, continued as the pace setter, taking the field through the half way mark in 41:28. Luis Lopez of Colombia, one of the pre-race favourites, now joined Brugnetti and Li at the front, perhaps simply showing them that he was there and ready for any moves. With all 3 Chinese walkers well up, they were at this stage leading the Teams event from Russia and Colombia.

The IAAF live feed was very unhelpful, still not showing any splits even though the race was now approaching the 50 minute mark.

Ominously, Hao Wang of China now joined his compatriot Li at the front to take over the pace setting role from Brugnetti who was absorbed back into the small lead group but it was not a significant move and the lead continued to swap as the main contenders tested each other out. Brugnetti now drifted off the back of the group, a spent force.

The 15km mark was reached in 1:02:15 with no real pickup in pace evident yet - the laps were still being ticked off in around 4:10s. The lead group had now shrunk to 7 and the pre-race favourite, Eder Sanchez of Mexico, was surprisingly back in 11<sup>th</sup> place, some 25 secs off the pace.

At the 17km mark (1:10:21 - 4:07 last km), Luis Lopez, with 2 warnings against his name, decided to throw caution to the winds and go to the front - the small group of 5 that remained consisted of Lopez, Eric Tysse of Norway, Andrey Krivov of Russia and the Chinese walkers Hao Wang and Yafei Zhu.

As expected, it all happened in the final 2km lap with the 2 Chinese walkers surging away to take gold and silver ahead of Krivov with Tysse fourth and Lopez fifth across the line.

China easily won the Teams race with 1<sup>st</sup>, 2<sup>nd</sup> and 6<sup>th</sup> places ahead of Russia and Mexico

Pre race favourite Eder Sanchez came through in the final laps to eventually take 7<sup>th</sup> with 1:23:56.

When the IAAF site eventually started showing some stats post race, Australian fortunes could be gauged. Adam Rutter had retired before the 10km mark but Ian Rayson was still going strong, having passed the 15km mark in 53<sup>rd</sup> place with a time of 1:08:24. Ian eventually finished in 47<sup>th</sup> spot with 1:31:21, a very good performance at altitude. Ian certainly justified his selection with this effort.



**Hao Wang of China wins in the 20km Senior Men (<http://www.iaaf.org>)**

1	Hao Wang	CHN	1:22:35
2	Yafei Zhu	CHN	1:22:46
3	Andrey Krivov	RUS	1:22:54
4	Erik Tysse	NOR	1:22:55
5	Luis Fernando López	COL	1:23:11
6	Ding Chen	CHN	1:23:49
7	Eder Sánchez	MEX	1:23:56
8	Sergey Bakulin	RUS	1:24:05
9	Gustavo Restrepo	COL	1:24:08
10	Yerko Araya	CHI	1:24:23
11	Hassanine Sebei	TUN	1:24:27
12	Ivano Brugnetti	ITA	1:24:29
13	Miguel Ángel López	ESP	1:24:32
14	Petr Trofimov	RUS	1:25:03
15	Pedro Daniel Gómez	MEX	1:25:09
16	Rafal Augustyn	POL	1:25:28
17	Denis Strelkov	RUS	1:25:30
18	José Ignacio Díaz	ESP	1:25:55
19	Claudio Erasmo Vargas	MEX	1:26:19
20	Koichiro Morioka	JPN	1:26:36
21	Zhen Wang	CHN	1:26:49
22	Benjamín Sánchez	ESP	1:26:55
23	Rafal Fedaczynski	POL	1:26:58
24	Isamu Fujisawa	JPN	1:27:19
25	Jean-Jacques Nkouloukidi	ITA	1:27:24
26	Sérgio Vieira	POR	1:27:25
27	Jakub Jelonek	POL	1:27:35
28	Augusto Cardoso	POR	1:27:40
29	Kevin Champion	FRA	1:27:45
30	Pedro Isidro	POR	1:27:55
31	Jianbo Li	CHN	1:28:06
32	Andrés Chocho	ECU	1:28:19
33	John Edison García	COL	1:28:20
34	José David Domínguez	ESP	1:28:21
35	Allan Segura	CRC	1:28:25
36	Anton Kucmin	SVK	1:28:28
37	Dawid Tomala	POL	1:29:21
38	Andrey Ruzavin	RUS	1:29:22
39	Matteo Giupponi	ITA	1:29:39
40	Daniele Paris	ITA	1:29:56
41	Yusuke Suzuki	JPN	1:30:08
42	Mauricio Arteaga	ECU	1:30:11
43	Antonin Boyez	FRA	1:30:39
44	Perseus Karlström	SWE	1:30:49
45	Victor Mendoza	ESA	1:30:57
46	Iñaki Gómez	CAN	1:31:14

47	<b>Ian Rayson</b>	<b>AUS</b>	<b>1:31:21</b>
48	Máté Helebrandt	HUN	1:31:42
49	Noel Santini	PUR	1:32:17
50	Francisco Arcilla	ESP	1:32:31
51	Giovanni Torres	MEX	1:32:56
52	Andreas Gustafsson	SWE	1:33:00
53	Anibal Paau	GUA	1:33:22
54	Grzegorz Sudol	POL	1:33:27
55	Anatole Ibañez	SWE	1:33:29
56	Ricardo Lojan	ECU	1:33:37
57	Moacir Zimmermann	BRA	1:34:28
58	Edward Araya	CHI	1:34:47
59	Johathan Contreras	ECU	1:35:47
60	Recep Çelik	TUR	1:35:52
61	Patrick Stroupe	USA	1:37:24
62	Hédi Teraoui	TUN	1:37:38
63	Mehdi Boufraine	FRA	1:37:46
64	Jacques van Bremen	NED	1:41:04
65	Harold van Beek	NED	1:44:33
66	Creighton Connolly	CAN	1:45:31
.	Luis Gomez	GUA	DQ
.	Bernardo Segura	MEX	DQ
.	Adam Rutter	AUS	DNF
.	Evan Dunfee	CAN	DNF
.	Rolando Saquipay	ECU	DNF
.	Yohan Diniz	FRA	DNF
.	Fortunato D'Onofrio	ITA	DNF
.	António Pereira	POR	DNF
.	Dan Serianni	USA	DNF
.	Mamdouh Elsayed Taha	EGY	DNS

To finish, a final summary of Australian placings in the event

50Km Men	3	Jared Tallent	3:54:55	5 <sup>th</sup> in Teams Event
	15	Chris Erickson	4:03:56	
	33	Tom Barnes	4:16:17	
		Luke Adams	DNF	
10km Junior Men	15	Rhydian Cowley	46:57	
		Dane Bird-Smith	DQ	
		Sean Fitzsimons	DQ	
20km Women	9	Jess Rothwell	1:35:04	
	19	Claire Tallent	1:39:08	
		Cheryl Webb	DQ	
10km Junior Women	12	Beth Alexander	50:56	6 <sup>th</sup> in Teams Event
	15	Regan Lamble	51:16	
	27	Rachel Tallent	56:19	
20km Men	47	Ian Rayson	1:31:21	
		Adam Rutter	DNF	



**Jess Rothwell and Cheryl Webb after the race in Krakow on Saturday. You can see more great photos compliments of Cheryl at <http://www.facebook.com/?ref=home#!/album.php?aid=170760&id=545917966>.**

**Jess Rothwell and Cheryl Webb** raced on Saturday in the latest IAAF Race Walking Challenge event in Poland and both excelled, Jess finishing in a superb 4<sup>th</sup> in **44:05** and Cheryl 11<sup>th</sup> in **47:14**. Jess was just a few seconds outside her PB of 44:01, done in Melbourne in February 2009 and she took some big scalps along the way. The IAAF reported on the event as detailed below (see <http://www.iaaf.org/WRC10/news/kind=100/newsid=56896.html>).

#### **Kaniskina and Chu take 10Km wins in Krakow – IAAF Race Walking Challenge**

Olga Kaniskina of Russia and Chu Yafei of China won their respective 10km Race Walk titles at the Na Rynek Marsz!, or "March on Market Square!" on Saturday, the third B Category Race Walking Grand Prix meeting of the 2010 IAAF Race Walking Challenge.

In the women's race, it was Germany's Melanie Seeger who controlled the race early on, leading for the first three kilometers. Then Kaniskina, the two-time World and reigning Olympic 20Km champion, took over and maintained the lead through the finish. It was a close battle between the pair over the final 500 metres, but Kaniskina held on to beat Seeger by two seconds in 43:03. Seeger's 43:05 was a career best. Liu Hong of China was a distant third clocking 43:47, also a personal best.

The men's race was considerably more competitive in the opening stages with Norway's Erik Tysse, Chu Yafei, Ireland's Robert Heffernan, Grzegorz Sudol of Poland, Mexico's Eder Sanchez and Luis-Fernando Lopez of Colombia forming the lead pack. Chu Yafei maintained command through the second kilometer with Sanchez following closely.

Yafei held on to win in 38:40, with Sanchez second in 38:46 after two warnings. The battle for third was tight as well, with Lopez holding off Sudol by eight seconds in 39:06. Sudol's finish was the highest here for a Pole since legend Robert Korzenioski's retirement.

#### **10km Women**

1.	Olga KANISKINA	85	RUS	43:03
2.	Melanie SEEGER	77	GER	43:05
3.	Hong LUI	87	CHN	43:47
4.	Jess ROTHWELL	89	AUS	44:05
5.	Olive LOUGHNANE	76	IRE	44:08
6.	Zuzana MALIKOVA	83	SVK	44:43
7.	Agnieszka DYGACZ	85	POL	45:12
8.	Susana FEITOR	75	POR	45:26
9.	Yelena SHUMKINA	88	UKR	45:47
10.	Paulina BUZIAK	86	POL	45:58
11.	Cheryl WEBB	76	AUS	47:14
12.	Maria CZAKOVA	88	SVK	49:04
13.	Lucyna CHRUSCIEL	88	POL	50:14
14.	Monika NAWROCKA	90	POL	50:50
15.	Marta STASIEWICZ	92	POL	53:23
16.	Kinga OSINIAK	92	POL	55:47
	Karolina KOMIAZYK	92	POL	DQ

#### **10km Men (27 finishers)**

1.	Yafei CHU	88	CHN	38:40
2.	Eder SANCHEZ	86	MEX	38:46
3.	Luis-Fernando LOPEZ	79	COL	39:06
4.	Grzegorz SUDOL	78	POL	39:14
5.	Erik TYSSE	80	NOR	39:17
6.	Robert HEFFERNAN	78	IRE	39:21
7.	Juan-Manuel MOLINA	79	ESP	39:25
8.	Rafał FEDACZYŃSKI	80	POL	39:33
9.	Rafał AUGUSTYN	84	POL	39:47
10.	Jakub JELONEK	85	POL	39:51
11.	Jamie COSTIN	77	IRE	39:56
12.	Hao WANG	89	CHN	40:21
13.	Sergey KIRDYAPKIN	80	RUS	40:23
14.	Xu FAGUANG	87	CHN	40:26
15.	Trond NYMARK	76	NOR	41:17
16.	Łukasz NOWAK	88	POL	41:40
17.	Rafał SIKORA	87	POL	41:49
18.	Dawid WOLSKI	89	POL	42:24

## ROUEN 24 HOUR WALK, ROUEN, FRANCE, 12-13 JUNE 2010

To France where Queensland Race Walking Club president Peter Bennett was defending his Rouen 24 Hour title.

### Rouen 24 Hour Race, Rouen, France, 12-13 June 2010

Peter Bennett has won this prestigious event for the last two years but he was not expecting to compete this year until he received a phone call the week before, making him an offer he could not refuse. So on short notice and without any real buildup, he packed his bags and caught his flight to France the next day! He was certainly in two minds as it meant that he would miss the annual LBG 20 mile which he has completed 17 times in a row, but go he did and he must now be pleased that he did. The event was held on a lap of just under 800m and here is what Peter had to say post-race

*I have just arrived home after my trip to France for the Rouen 24 Hour race over the weekend (I went into work after my flight landed in Brisbane).*

*After arriving in France I had a couple of days doing what seemed like an seemingly endless rounds of meetings, receptions, seminars and dinners with lots of interesting and exceptional people from around the world, brought together by sport. On Thursday 10<sup>th</sup> June, I was one of 18 speakers at sports meeting in the town of Maromme.*

*But, the real reason I was invited to France was to participate in the Rouen 24 Hour International Walk held over the weekend of 12-13 June ( 5PM Saturday till 5PM Sunday). The race was won by Aleksii Rodinov from Russia, one of the worlds greatest ultra walkers . Aleksii walked 221.01km and I did 216.24km. I am pleased with my race in that I was able to keep Aleksii under pressure the whole race and not let him ease off or take a break at any stage .*

1.	RODIONOV Alexei	221,010 km
2.	BENNETT Peter	216,240 km
3.	BEGIN Jean-Pierre	174,105 km
4.	RENONCOURT Christian	155,025 km



#### Peter walking in the Rouen 24 Hour classic

That distance is actually Peter's furthest ever, beating his previous Rouen winning distances of 214.65km (2008) and 213.885km (2009). 216km is an astonishing distance to walk in 24 hours and it took one of the world's best ultra distance walkers to beat him. For the record, Peter has now done ten 24 hour / 100 mile walks, starting with his first in 1994. After that, he had a big break to pursue his own racewalking career but in the past 2 years, he has done 5 of these long walks. What a legendary effort. Here is his overall list.

100 miles in 19:42:54	1 <sup>st</sup>	08-09 Oct 1994	Clifton Hill, Victoria
172.500 km in 24H	9 <sup>th</sup>	18-19 Sept 2005	Genting Highlands, Mal
176.175 km in 24H	3 <sup>rd</sup>	15-16 April 2006	Rouen, France
165.26 km in 24H	5 <sup>th</sup>	11-12 August 2007	Kuala Lumpur, Malaysia
214.65 km in 24H	1 <sup>st</sup>	5-6 July 2008	Rouen, France
213.885 km in 24H	1 <sup>st</sup>	30-31 May 2009	Rouen, France
100 miles in 19:48:40	3 <sup>rd</sup> (against runners)	27-28 June 2009	St Lucia, Queensland
177.300 km in 24H	3 <sup>rd</sup> (against runners)	1-2 August 2009	Caboolture, Queensland
100 miles in 22:01:35	1 <sup>st</sup>	17-18 April 2010	Coburg, Victoria
216.240 km in 24H	2 <sup>nd</sup>	12-13 June 2010	Rouen, France

Five of the six Australian race walkers bound for the 2010 Commonwealth Games took their preparations offshore when they lined up last Saturday in Round 10 of the IAAF Race Walking Challenge, the “Gran Premio Cantones de Marcha” in La Coruna, Spain. Headlining the action was dual Olympic medallist **Jared Tallent**, who was joined in Europe by Australian teammates **Luke Adams**, **Jess Rothwell**, **Claire Tallent** and **Cheryl Webb**. And they certainly raced well with four of them taking top 10 finishes in this prestigious event.

Emeterio Valiente for the IAAF (see <http://www.iaaf.org>) reported on the events as follows

### **Men’s race - unforgettable three-horse sprint finish**

Over the 1km long flat circuit, the men’s contest opened quite conservatively as the large lead pack cruised the 5000m point in 20:34 headed by the Chinese pair of Yafei Zhu and newly-minted World Cup winner Hao Wang while the rest of favourites walked tucked behind, the Australian duo of reigning Olympic bronze medallist Jared Tallent and Luke Adams plus Mexico’s Eder Sánchez among others.

They all reached the halfway point in 40:54 and there were not major changes until the closing 5k when Zhu and the current World silver medallist Hao broke away from the rest with only Colombia’s Luis Fernando López, who was a creditable fifth at last month’s World Cup in Chihuahua, for company.

Entering the closing kilometre, a thrilling sprint for victory seemed inevitable and it was the case. To the delight of the knowledgeable La Coruña crowd, the three walkers fought fiercely through the finish line and it was Zhu who proved to be fastest in 1:21:11 with a one-second advantage to runner-up Lopez, himself another second clear of Hao.

Sanchez, the 2009 World Cup bronze medallist and arguably holder of the best technique in the field, had to be satisfied with fourth place as he finished with 1:21:16.

Zhu – a gifted prodigy who clocked 1:18:44 for the distance at the age of 17 – declared, “Today was a fantastic and tough win. I’m just competing at several events across Europe but my primary goal for this year are the Asian Games to be held in November in Guangzhou (China).”

“Before that,” he continued, “I’ll also take part at the IAAF World Challenge final in Beijing next 19 September. My compatriots and I are already accustomed to Europe customs, food, etc, as we have spent a lot of time this year here.” After his win in Krakow on 29 May, where he clocked a 38:40 PB over 10 Km, Zhu and his colleagues travelled to Italy for a training stint with former World and Olympic champion, Maurizio Damilano.

#### **20km Men (Leading results)**

1.	Yafei Zhu	China	1:21:11
2.	Luis Fernando López	Colombia	1:21:12
3.	Hao Wang	China	1:21:13
4.	Eder Sánchez	Mexico	1:21:16
5.	<b>Jared Tallent</b>	<b>Australia</b>	<b>1:21:31</b>
6.	<b>Luke Adams</b>	<b>Australia</b>	<b>1:21:35</b>
7.	Sbai Hassanine	Tunisia	1:21:47
8.	Juan Manuel Molina	Spain	1:21:57
9.	Maik Berger	Alemania	1:22:28
10.	Freddy Hernando Hernández	Colombia	1:22:28

### **Women's race - Pascual regains fitness just in time for Barcelona**

In contrast to men’s event, the women’s race opened at a brisk pace with a 5000m split of 22:14 for a quintet comprising the Portuguese triumvirate of Vera Santos, Ines Henriques and Ana Cabecinha, Ireland’s reigning World silver medallist Olive Loughnane and Spain’s Beatriz Pascual.

The Spaniard, who was a disappointing 11<sup>th</sup> in Chihuahua in 1:36:08, was determined to take revenge for that below-par performance and by the halfway point she walked alone at the front in 44:09, with a seven-second margin on this year’s World Cup leader Santos. By then, Loughnane had dropped to fourth some 37 seconds in arrears.

Throughout the second half, Pascual maintained her dominance while a fading Santos was comfortably overtaken by Loughnane with six kilometres to go. At the finish line, Pascual clocked her second fastest time of 1:28:05, only bettered by the 1:27:44 which led her to the 6th place at the Beijing Olympics. The Irish star came second 31 seconds behind but 20 seconds clear of Santos.

It’s also worth mentioning that the fifth place of Spain’s Julia Takacs (1:30:14) was a Spanish National U23 record and the seventh place of Britain’s Johanna Jackson (1:30.41) was a new British National record.

“My 2010 season was not going too well so this win is a huge moral booster ahead of next month’s Europeans in my hometown of Barcelona,” Pascual said. “I suffered a knee injury last November and could only resume full training in March. My two-week training camp in Font Romeu just ahead of today’s event has proved to be positive so I plan now to return there for another two weeks.”

Pasqual plans to compete just once more before the European Championships. “I’ll only compete at the Spanish Championships in Avilés where I’ll contest 10km on the track as a test.”

#### **20km Women (Leading results)**

1.	Beatriz Pascual	Spain	1:28:05
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2.	Olive Loughnane	Ireland	1:28:36
3.	Vera Santos	Portugal	1:28:56
4.	Ines Henriques	Portugal	1:29:36
5.	Julia Takacs	Spain	1:30:14
6.	Hong Liu	China	1:30:26
7.	Johanna Jackson	Great Britain	1:30:41
8.	Susana Feitor	Portugal	1:30:41
<b>9.</b>	<b>Jess Rothwell</b>	<b>Australia</b>	<b>1:30:53</b>
<b>10.</b>	<b>Claire Tallent</b>	<b>Australia</b>	<b>1:32:02</b> (10 sec PB)

**59<sup>TH</sup> ANNUAL CORK CITY SPORTS FESTIVAL, CORK, IRELAND, SATURDAY 3 JULY 2010**

Rounding out a big weekend of track and field action, Australian Commonwealth Games 20km walk nominee **Luke Adams** has been named Athlete of the Meet at the 59<sup>th</sup> annual Cork City Sports in Cork, Ireland after clocking **10:59.04** in the men's 3000m walk to take out the event more than 12 seconds clear of his nearest rival.

<b>1.</b>	<b>Luke Adams</b>	<b>AUS</b>	<b>10:59.04</b>
2.	Jamie Costin	IRL	11:12.02
3.	Michael Doyle	IRL	12:16.39
4.	Olive Loughnane	IRL	12:51.06
5.	Kate Veale	IRL	12:58.60 (16 yo – new Irish Junior Record)
6.	Tim Healy	IRL	13:38.57
7.	Evan Lynch		13:39.07

I have updated my unofficial 3000m ranking list which now reads as shown below (of course, Jared and Nathan would be right down there if the opportunity to race over that distance had arisen at the right time – 3000m is a rarely raced distance nowadays and a number of these rankings have been 3000m splits in the more normally raced 5000m distance). Luke is closing in on Andrew Jachno's 19 year old Australian best. It is interesting to note that the top 3 performances were done by athletes aged 33, 33 and 31. Who says your speed drops as you get older!

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>State</b>	<b>Place</b>	<b>Location</b>	<b>Date</b>	<b>Age</b>
1	10.56.22	Andrew Jachno	V	1	Melbourne	07/02/1991	33
<b>2</b>	<b>10.59.04</b>	<b>Luke Adams</b>	<b>N</b>	<b>2</b>	<b>Cork, Ireland</b>	<b>03/07/2010</b>	<b>33</b>
3	11.00.56	Dave Smith	V	1	Perth	24/01/1987	31
4	11.11.45	Nick A'Hern	N	2	Melbourne	07/02/1991	22
5	11.13.77	Jared Tallent	V	1	Sydney	28/02/2009	25
6	11.16.2	Troy Sundstrom	N	1	Sydney	27/11/1999	18
7	11.17.0	Nathan Deakes	V	1	Melbourne	10/12/1998	21
8	11.23.2	Steve Beecroft	V	1	Melbourne	13/01/1994	22
9	11.26.0	Simon Baker	V	1	Sollefuna	07/07/1989	31
10	11.27.0	Michael McCagh	W	2	Sydney	17/02/2007	20
11	11.27.7	Adam Rutter	N	3	Sydney	17/02/2007	20
12	11.28.2	Willi Sawall	V	1	Melbourne	15/03/1980	38
13	11.29.7	Brent Vallance	N	1	Sydney	06/12/1997	25
14	11.32.9	Doug Connolly	N	2	Sydney	27/11/1999	17
15	11.33.0	Chris Erickson	V	1	Melbourne	21/02/2009	27
16	11.38.8	Liam Murphy	S	1	Adelaide	13/11/1999	20
17	11.42.7	Damien O'Mara	N	2	Sydney	04/01/1997	21
18	11.45.5	Paul Copeland	V	1	Melbourne	16/01/1992	24
19	11.46.09	Anthony Miles	Q	2	Brisbane	16/11/1991	19
20	11.47.09	Dane Bird-Smith	Q	1	Brisbane	27/06/2010	17

Luke excels over all distances as evidenced by his current PBs, all set in the last couple of years.

3000m	10.59.04	Cork, Ireland	03/07/2010
5000m	18:56.67	Sydney	30/01/2010
10km	39.14	Beijing, Olympic 20 km (2 <sup>nd</sup> 10 km split)	16/08/2008
20km	1:19.15	Cheboksary, Russia	10/05/2008
50km	3:43:39	Berlin	21/08/2009

## 2010 TREVOR CRAVEN MEMORIAL MEET, VANCOUVER, MONDAY 12 JUNE 2010, 5000M WALK

As part of the final preparation for our athletes preparing for the World Junior championships, members of the Australian team participated in the 2010 Trevor Craven Memorial Meet in Vancouver on Monday 12<sup>th</sup> June. Amongst the events on offer was a 5000m track walk and all 4 of our walkers participated. Regan Lamble's PB was the highlight as reported on the AA website (see [http://www.athletics.com.au/news/news/2010/july/spark\\_on\\_fire\\_in\\_vancouver](http://www.athletics.com.au/news/news/2010/july/spark_on_fire_in_vancouver))

In the 5000m walk event, **Regan Lamble** bettered her career-best time by 20 seconds to cross the line in **22:55.50**. On the back of today's race the AIS scholarship-holder, who will take on the 10,000m walk in Moncton, said she had high hopes for the week ahead.

"I'm pretty happy with it, it was about what I was aiming for so it's a promising sign leading into the championships," Lamble said. "I've been training well and everything's working quite well at the moment so hopefully it will all come together for the race in Moncton. Hopefully I can do a PB, I'd be ecstatic with a top-10 finish so that's my main goal."

Lamble, who at just 18 years of age has races in Russia and Mexico already under her belt, said her prior international experience was proving invaluable in the lead-up to the championships.

"I'm getting used to travelling overseas now and knowing what works for me and how to handle it, so I'm feeling a bit more confident with my travelling and knowing what's right and what to do and how to handle different situations," she said.

Lamble was joined on the track by fellow Australian Spark race walkers **Dane Bird-Smith (20:30.48)**, **Rhydian Cowley (22:21.96)** and **Paige Hooper (DNF – 3km)**.

Thanks to Brent Vallance for passing on the following great photos from the walk which was held in hot and sunny conditions



**Regan Lamble, Rhydian Cowley and Dane Bird Smith in action in Vancouver on Monday (photos Brent Vallance)**

## WORLD JUNIOR CHAMPIONSHIPS, MONCTON, CANADA, 19-25 JULY 2010

The World Junior championships in Canada have now completed and Australia performed exceptionally well, confirming our competitiveness on the world stage. The 10,000m track walks were held during the last week with Dane Bird Smith 5<sup>th</sup> and Regan Lamble 8<sup>th</sup> both adding to the tally of top-eight finishes for Australia. Team Walks Coach **Brent Vallance** has forwarded a race report along with photos – thanks Brent.

And now onto Brent's reports from the walks at Moncton

### Women's 10,000m Walk, Wednesday 21 July 2010, 11:30AM

The girls started with a very conservative first lap of 2:02, no athlete willing to take the front in the warm conditions. The pace soon began to pick up with the Russian girls covering the second kilometre in 4:17, walking their own race out front after only a brief challenge from the Japanese. **Regan Lamble** and **Paige Hooper** both settled into the group behind the Russians with 4:50 and 4:27 opening kilometre splits.

The race developed into two distinct groups – the Russians were the only athletes racing for gold and stayed together until the back straight in the final lap, continuing their complete and utter domination of World Youth and World Junior Championships titles of recent years. The winning time for Elena LASHMANOVA was 44:12.06, a truly astonishing performance given the time of day and the heat in which the girls raced. Her splits for the event were 4:47.4, 4:17.3, 4:24.5, 4:30.1, 4:27.6, 4:23.9, 4:23.4, 4:25.9, 4:23.2 and 4:09.01

Behind the leaders, the group that established really got stuck into each other, knowing that they were only racing for one medal – this group contained Qin HE & Jing ZHAO of China and the Japanese pairing of Chiaki ASADA & Kumiko OKADA. Surprisingly, a gap had formed back to the World Walking Cup winner Antonella PALMISANO of Italy who was herself ahead of the group of fighting for 8<sup>th</sup> place, Regan included, with Paige back a little further back. The two Australian girls passed the halfway mark in 23:19 and 23:44 respectively but disappointingly for Paige, she was disqualified soon after.

When PALMISANO caught the second group, she went straight to the front and began to push her claims for a medal but it was not to be. It was eventually OKADA who won the tight finish for Bronze ahead of HE of China with PALMISANO claiming 5<sup>th</sup> place.

Regan stormed home over the last lap which she started in 9<sup>th</sup> place under pressure from both fast finishing Mexicans behind. She was able to kick away and storm past a tiring athlete in the home straight for 8<sup>th</sup> place in a Track PB of **47:55.78**

Regan's effort this year is an amazing performance given her lack of training and competition in 2009, as she concentrated on her VCE studies in year 12. Her promise as an athlete has always been there, and her establishment as the country's best junior in 2010 was excellent as she didn't contest an event in 2009 at that distance. She has dropped 2:20 of her pb this year.

Paige was able to re-establish herself this year after not such a great year in 2009. Although her result in Moncton was not what she would have liked, her steady progress and return to some of her best form in 2010 is excellent for her, and one that she will continue, as she still has another year or two as a junior.



**Centre: Elena Lashmanova wins ([www.iaaf.org](http://www.iaaf.org))  
Left and Right: Paige Hooper and Regan Lamble in action (photos Brent Vallance)**

1.	Elena Lashmanova	RUS	44:11.90	(WJL)
2.	Anna Lukyanova	RUS	44:17.98	(PB)
3.	Kumiko Okada	JPN	45:56.15	
4.	Qin He	CHN	46:08.36	(PB)
5.	Antonella Palmisano	ITA	46:08.57	(NJ)
6.	Chiaki Asada	JPN	46:39.93	(PB)
7.	Jing Zhao	CHN	46:54.90	(PB)
8.	<b>Regan Lamble</b>	<b>AUS</b>	<b>47:55.67</b>	<b>(PB)</b>

9.	Sandra Yerga	ESP	47:57.66	(PB)
10.	Sandra Nevarez	MEX	48:00.20	(PB)
11.	Federica Curiazzi	ITA	48:11.34	(PB)
12.	Georgiana Enache	ROU	48:29.60	
13.	Inès Pastorino	FRA	48:42.30	(PB)
14.	Charlyne Czychy	GER	49:00.11	(PB)
15.	Anna Chernenko	UKR	49:01.00	
16.	Ekaterini Theodoropoulou	GRE	49:11.23	
17.	Sara Alonso	ESP	49:44.28	(PB)
18.	Yuli Capcha	PER	49:59.96	
19.	Emilie Menuet	FRA	50:20.46	(PB)
20.	Berta Kriván	HUN	51:39.50	(SB)
21.	Magdalena Jasinska	POL	52:16.80	(SB)
22.	Linda Paz	ESA	52:52.09	(NJ)
23.	Anne Voyer	CAN	59:53.24	
	<b>Paige Hooper</b>	<b>AUS</b>	<b>DQ</b>	
	Alejandra Ortega	MEX	DQ	

### Men's 10,000m Walk, Friday 23 July 2010, 12:30PM

With race in Moncton starting at 12:30PM, this event was always going to be one done in temperatures in the mid to high 20's and in the sun. Unlike the women's event two days earlier, there was an early aggressor in the form of the German Hagen Pohle, the reigning World Youth Champion, who went straight to the front with a 4:01 opening kilometre. This broke the field, with a large leading group of 11 tightly in behind, including the Chinese Pair of Fudong CONG & Zelin CAI, the Russian pairing of Petr BOGATYREV & Valery FILIPCHUK, José Leonardo MONTAÑA (COL), Alberto AMEZCUA (ESP), Caio BONFIM, Australia's **Dane Bird-Smith** and, to the surprise of many, the Kenyan athlete David Munyao NGEI. **Rhydian Cowley** was in a chasing group of athletes who passed the first kilometre in 4:11.

The tight group began to slow, with the second and third kilometres done in 4:06, and 4:10, with the group waiting to see who would take control of the race after the fast opening. At the 3km mark, it was BOGATYREV and FILIPCHUK who moved to the front, splitting the pack in two. Heading out with the Russians were the Brazilian Athlete BONFIM and CAI from China and they covered the fourth km covered in 3:59. Chasing them was a group of five including Dane who couldn't match this dramatic change of pace but who were content to stay together with a kilometre split of around 4:10.

The leaders however soon gave on up on this pace and slowed once more at the 5000m mark with the Russians now more than happy to then allow the chase group back on, and then to drop behind the rest of the group and do little if any work. FILIPCHUK at this stage looked a winner all the way, and seemed in control. When the pack joined the leaders again, Dane had a brief stint at the front of the pack, and found it difficult to give up the position to another athlete even when it was offered to them, as again there was little interest by the Russian and Chinese athletes to take the lead.

The leaders went through the 5000m in 20:32, with a clear lead pack that would form the first 8 places. Little changed between 5km and 7km with consecutive 4:10 splits. At this stage, the Russians again started to wind up the pace, reeling off a 4:04 kilometre split to 8km. The lead pack was now reduced to four athletes as only the Chinese competitors could respond.

When CONG was dropped and then disqualified at 9km, Dane was now holding down 5<sup>th</sup> place. The lead group of three did not crack in the battle for the gold until 200m to go, when the pace was too hot for BOGATYREV, as the other two flew over the last 200m. Once FILIPCHUK had his nose in front, he held on for the victory with his last two km's in 4:00, and 3:44. In a very tight finish, he won by 0.46 sec from CAI.

With MONTAÑA also disqualified late in the last km and Dane passing another walker, he entered the top of the straight in 4<sup>th</sup> place but was passed by the Brazilian athletes who covered his last 400m in 1:26. Thus Dane finished 5<sup>th</sup> in **41:32.44**.

Dane's performance was an outstanding achievement. He has finally arrived as a walker at the longer distances and displayed what we've all known has been there. His ability to compete in a tough World Championship event, on foreign soil, when he was the younger athlete in the field should be enough to concern some of senior athletes coming into the London Olympics, and the rest of the world who know that there is another Deakes, Tallent, or Adams on the way to continue our production line of elite male walkers. Well done to Dane and his father Dave for preparing him well for this Championship.

Rhydian finished 17<sup>th</sup> in **44:49.55**, was a very gallant effort as he had some difficulty mid race. To his credit, he never gave up and even walked a full lap with leaders late in the race after being lapped, to again get going after a bad patch.

1.	Valery Filipchuk	RUS	40:43.17	WJL
2.	Zelin Cai	CHN	40:43.59	PB
3.	Petr Bogatyrev	RUS	40:50.37	PB
4.	Caio Bonfim	BRA	41:32.28	SB
5.	<b>Dane Bird-Smith</b>	<b>AUS</b>	<b>41:32.36</b>	<b>PB</b>
6.	Ever Palma	MEX	41:34.92	PB
7.	Trevor Barron	USA	41:50.29	NJ
8.	Erwin González	MEX	41:58.67	PB
9.	Alberto Amezcua	ESP	42:06.71	PB
10.	Alexander Castaneda	COL	42:26.26	PB
11.	Hagen Pohle	GER	42:33.31	SB
12.	Byeong Kwang Choe	KOR	42:34.28	PB
13.	Massimo Stano	ITA	43:03.58	PB

14.	Veli-Matti Partanen	FIN	43:48.21	SB
15.	Tyler Sorensen	USA	43:55.49	
16.	Giovanni Renó	ITA	44:11.14	
17.	<b>Rhydian Cowley</b>	<b>AUS</b>	<b>44:49.42</b>	
18.	Lukás Gdula	CZE	46:21.50	PB
19.	Pavel Schrom	CZE	47:11.42	PB
20.	Ferhat Belaïd	ALG	49:39.87	
21.	Bruno Carrière	CAN	50:47.93	PB
	Fudong Cong	CHN	DQ	
	José Leonardo Montaña	COL	DQ	
	David Munyao Ngei	KEN	DQ	



**Centre: Valery Filipchuk and Zelin Cai keep cool in the hot conditions ([www.iaaf.org](http://www.iaaf.org))  
Left and Right: Rhydian Cowley and Dane Bird-Smith in action (photo Brent Vallance)**

Dane's time of 41:32.36 was only 21 secs outside Nathan Deakes' Australian record of 41:11.44, set in 1996. With another year to go in the junior ranks, he has a good chance of taking that record along with whatever other junior records are on offer.

The highly anticipated 2010 European T&F Championships started today in Barcelona in Spain and the first event to be held was the 20km walk for men, starting at 8AM and contested over a 1km loop in inner Barcelona. The following report is drawn from the championship website.

As expected, the Russian school of race walking harvested yet another gold medal but it was not won by the pre-race favourite Valerij Borchin. In fact, only 2 Russians reached the start line with Borchin a noticeable absentee. But it did not matter in the end as 19-year-old Stanislav Emelyanov, former World Youth and World Junior champion, celebrated his first senior championship win with a time of 1:20:10. Silver went to the fastest man in the field on paper, Italy's Alex Schwazer with João Viera of Portugal repeating his bronze from Göteborg.

"I thought I would be fighting for the lead for much longer," said the gold medallist who hails from Saransk, a hotbed of Russian walking. "I was surprised to find myself out in the lead so early. Even though I got one warning my coach told me to keep on pushing and not worry about the yellow card."

Right from the gun, it was Schwazer, the 50km Olympic champion, who shot into the lead like a man with a mission, opening up a five-metre gap with Balkan champion, Silviu Casandra of Romania and Emelyanov quickly joining him to give the trio an early 10m lead over the field.

After one lap the gap was already considerable, the young Russian shadowing the tall Italian with Casandra starting to feel the early pace and falling back. As two kilometres were passed the gap to the main group was 12sec and it was surely only a matter of time before Emelyanov wilted.

Lap three and Emelyanov was not letting go and looking comfortable tracking Schwazer but it was the Italian making the pace. Meanwhile Robert Heffernan of Ireland and the Italian 2004 Olympic champion, Ivano Brugnetti, were heading the chasing group who were holding the gap at 10sec and starting to look as though they had serious designs on the two up front.

At this stage the group consisted of the Italians Brugnetti and Giorgio Rubino, Heffernan, Belarussian Denis Simanovich, Russian Andrey Krivov, Viera and Dzianis Simanovich of Belarus.

The first drama occurred after six kilometres when the chasers made a concerted attempt to close the gap, dramatically reducing the lead. Sensing danger and with a maturity belying his years, Emelyanov eased himself in front and started re-establishing his position.

Surprisingly Schwazer was unable to respond and was swallowed up by the chasing group which now numbered seven. The Russian's lead was only an agonising two seconds but he was sticking to his task. Slowly but surely he was strengthening his hold on the race and from this point on he was not to relinquish it.

After settling in the pack, Schwazer was staging a recovery and was locked in a struggle with Simanovich, but the gap was growing and there was nothing anyone could do about it.

At the half way mark, reached by Emelyanov in 40:14, it was Schwazer's and Rubino's turn to try to eat into the Russian's hold on gold but Emelyanov had opened up another 11sec gap and was looking composed while he set about turning the screw.

At each of the U-turns on the tight 1km course, Emelyanov could clearly see his rivals and must have taken heart. His only problem seemed to be how to negotiate the tight turns, at times holding on to the railing to get round without falling.

By 14km the medals had been practically decided. Schwazer was revived and was now 15secs down with Viera a further two seconds behind and the Irishman at 18sec. In the 16th kilometre Emelyanov received his only warning of the race, but from here on in he could relax.

At the bell the young Russian could enjoy his victory lap while still in the race. Behind him Schwazer had embarked on a furious sprint to claim silver with Viera happy in bronze.

After winning the last two titles in Munich and Göteborg, Spain had to relinquish their grasp on the title, their lead walker, Juan Manuel Molina, crossing the line in 9<sup>th</sup>. First blood to Russia.

1.	EMELYANOV, Stanislav	RUS	1:20:10	
2.	SCHWAZER, Alex	ITA	1:20:38	
3.	VIEIRA, João	POR	1:20:49	SB
4.	HEFFERNAN, Robert	IRL	1:21:00	
5.	RUBINO, Giorgio	ITA	1:22:12	SB
6.	KRIVOV, Andrey	RUS	1:22:20	SB
7.	TOTH, Matej	SVK	1:22:20	
8.	JELONEK, Jakub	POL	1:22:24	SB
9.	MOLINA, Juan Manuel	ESP	1:22:35	
10.	AUGUSTYN, Rafal	POL	1:22:40	
11.	KOVENKO, Andriy	UKR	1:22:43	SB
12.	DMYTRENKO, Ruslan	UKR	1:22:45	
13.	DAVAUX, Hervé	FRA	1:24:12	
14.	LÓPEZ, Miguel Ángel	ESP	1:24:28	
15.	CASANDRA, Silviu	ROU	1:24:51	
16.	BERGER, Maik	GER	1:25:01	
17.	KUCMIN, Anton	SVK	1:25:12	
18.	DÍAZ, José Ignacio	ESP	1:25:36	
19.	TOMALA, Dawid	POL	1:25:50	

20.	COSTIN, Jamie	IRL	1:26:05	
21.	VIEIRA, Sérgio	POR	1:27:07	
22.	LOSJEV, Ivan	UKR	1:27:12	
23.	RUMBENIEKS, Arnis	LAT	1:30:50	SB
24.	IBÁÑEZ, Ato	SWE	DSQ	
25.	SIMANOVICH, Dzianis	BLR	DSQ	
26.	BRUGNETTI, Ivano	ITA	DNF	
27.	HELEBRANDT, Máté	HUN	DNF	



Stanislav Emelyanov wins his first senior title (photo <http://www.european-athletics.org>)

#### Women's 20km Walk, Wednesday 28 July, 8:05AM

The report on the 20km walk for women is taken from the European Athletics website (<http://www.european-athletics.org/>)

Russia's ace Olga Kaniskina may be only 25 years of age but she has already accomplished every title that any European athlete aspired for : the Olympic, the world and now the continental honours.

Despite setting a modest, by her standards, 1:28:26 SB, the mathematics student won the women's 20km walk gold medal in Barcelona on Wednesday morning. Behind the overwhelming victor, her 20-year-old fellow Russian Anisya Kirdyapkina claimed silver while Vera Sokolova completed the first clean sweep of medals for any country at the women's walk race event in the history of the championships.

The race kicked off in a conservative way with a slow 4:58 split for the opening kilometre; it was Portugal's Vera Santos who led the 22-woman pack tracked by the Spanish duo of María Vasco and Beatriz Pascual, both of them Barcelona-based walkers.

The second kilometre was much faster (4:29) largely due to the pacing duties made by Germany's Melanie Seeger and the leading group was down to 15 before the third kilometre. The following 1000m sections were covered in the 4:30-4:35 range and it was then that the Russian duo of Olga Kaniskina and Anisya Kirdyapkina moved to the front for the first time closely followed by Pascual and Vasco. The brisk rhythm set by the Russians (4:24 for the fifth kilometre) pay dividends and the tandem soon opened a sizeable margin over the chasing group.

But Kaniskina only walked for one kilometre in the company of her fellow Russian and decided to edge ahead with terrific subsequent laps of 4:12 and 4:11 which killed the race. In a matter of 2000m the European silver medallist Kaniskina had a 10-second advantage on Kirdyapkina and 18 on a chasing group formed by the two Spaniards, Santos, Seeger and Russia's Vera Sokolova.

By the halfway point it became clear that, barring disaster, Kaniskina would complete the 'triple crown' by adding the European title to her previous Olympic and world (twice) gold medals. Timed at 44:11, she maintained the 10-second advantage on Kirdyapkina but the margin over the quintet had rapidly increased to a massive 40 seconds.

A few metres later the chances of this year's World cup winner Vasco vanished as she was forced to retire after suffering cramps on her right leg.

At each of the U-turns on the tight 1km course, Kaniskina could clearly see her rivals and must have taken heart as she had strengthened her lead to the 20-second advantage on Kirdyapkina by the 12km point while the chasing quartet soon split up in two tandems, with Seeger and Sokolova ahead of Pascual and Vera.

For the closing kilometres, Kaniskina's only entertainment seemed to be to lap other walkers while the focus turned out to be the fierce battle for the bronze medal. At the 16th kilometre Kaniskina dominated in 1h09:59, 50s clear of Kirdyapkina while Sokolova

was a massive 1:30 in arrears, herself six seconds ahead of a threatening Pascual, this year's victor at the La Coruña permit and sixth at both the Beijing Olympics and the Berlin worlds over the last two seasons. By then Seeger and Santos had not real chances to make the podium as she travelled well behind the top three spots.

At the finish line Kaniskina was timed at a SB of 1h27:44 (44:11 and 43:43 for the two halves) some 1:11 on Kirdyapina with Sokolova a distant third with a 1h29:32 clocking. Sadly for the local fans Pascual not only could not catch Sokolova over the closing laps but she was overtaken by Seeger instead and so the 28-year-old Spaniard had to be satisfied with the fifth place nine seconds adrift the German.

16 out of 22 walkers finished the race.



**A Russian clean sweep in the women's 20km walk (photos [www.iaaf.org](http://www.iaaf.org))**

1.	KANISKINA, Olga	RUS	1:27:44	SB
2.	KIRDYAPKINA, Anisya	RUS	1:28:55	
3.	SOKOLOVA, Vera	RUS	1:29:32	
4.	SEEGER, Melanie	GER	1:29:43	
5.	PASCUAL, Beatriz	ESP	1:29:52	
6.	SANTOS, Vera	POR	1:30:52	
7.	SALTANOVIC, Kristina	LTU	1:31:40	SB
8.	CABECINHA, Ana	POR	1:31:48	
9.	HENRIQUES, Inês	POR	1:32:26	
10.	JACKSON, Jo	GBR	1:33:33	
11.	POVES, Maria José	ESP	1:34:19	
12.	DYGACZ, Agnieszka	POL	1:34:51	
13.	VIRBALYTE-DIMSIENE, Brigita	LTU	1:35:00	
14.	YATSEVICH, Nastassia	BLR	1:36:59	
15.	AIDIETYTE, Neringa	LTU	1:37:32	
16.	PELANTOVÁ, Lucie	CZE	1:41:35	
17.	BUZIAK, Paulina	POL	DSQ	
18.	DI VINCENZO, Sibilla	ITA	DSQ	
19.	MALIKOVA, Zuzana	SVK	DNF	
20.	MATVEYUK, Alina	BLR	DNF	
21.	LOUGHNANE, Olive	IRL	DNF	
22.	VASCO, Maria	ESP	DNF	

#### **Men's 50 km, Friday 30 July, 7:30AM**

I watched this race on live feed and the performance of Yohann Diniz was nothing short of spectacular. The European Aths report says it all: <http://www.european-athletics.org/20th-european-athletics-championships-2010/diniz-does-it-in-sparkling-style.html>

An apt banner kept popping into view above the barriers along the 50km walk course in Barcelona this morning. 'Yohann c'est champagne', it read, complete with a colourful cartoon depiction of the French team's great hope for gold. Appropriate because the defending champion Yohann Diniz, a wine expert away from the walks circuit, produced a performance of fizzing brilliance to retain his title on the sun-dappled Paseo Picasso. The 32-year-old led from the very first stride and lapped all but one of the 27-strong field to win gold in 3:40:37.

The Frenchman overcame a dramatic fall after 42km but his punishing schedule was too much for the Olympic champion Alex Schwazer, who dropped out after 40km, and the world champion Sergey Kiryapkin who also failed to finish. Poland's Grzegorz Sudol made up for missing out on a world championship medal in Berlin last summer taking silver in a personal best time of 3:42:24, while Kiryapkin's compatriot Sergey Bakulin completed Russia's Barcelona haul of walks medals with bronze in 3:43:26, also a PB. Spain's veteran champion Jesús Ángel García produced a beautifully judged race to take fifth behind Robert

Heffernan who missed out on a medal by two minutes despite breaking his Irish record.

For Diniz the victory is ample justification of his decision not to contest the 20km event for which he'd initially been entered by the French federation, and a welcome return to the top of the podium after world silver in 2007 and poor performances in last year's worlds and the 2008 Olympics. He certainly set off with intent, opening an incredible 30-second lead on the first of the 50 1km laps while two groups quickly formed behind him containing nine-men apiece.

The remains of Barcelona's overnight downpour still lay on the roads and the walkers were no doubt thankful for the cool conditions with more than three and a half hours of tarmac-pounding effort ahead of them. The Frenchman has been concentrating on 20km races this year to improve his speed and the extra pace rapidly became apparent as he stretched the gap on his chasers to 53-seconds by the time they reached the 5km mark and 56-seconds at 10km Diniz clipped off in 44:23.

By now the chasing group was down to six, led by the Russian pair, Bakulin and Kirdyapkin, Norway's world silver medallist Trond Nymark, Sudol, Schwazer and his Italian team-mate Marco de Luca, with Finland's Jarko Kinnunen another stride or three behind. Garcia, a bronze and silver medallist at the last two championships, was prominent in the third pack another 40s back, the 1993 world champion timing his effort with all the experience of a 41-year-old.

Up ahead Nymark briefly picked up the pace before dropping back as Kidyapkin and Sudol took on the chasing duties. But Diniz kept ploughing on up and down the tree-lined avenue alongside Barcelona's Parc de la Ciutadella, donning his dark glasses as the first sunshine of the day began to penetrate the clouds dappling the road in light and shade.

There was nothing shady about the Frenchman's performance, however, as he exuded confidence, accepting and discarding caps as he scuttled up and down the route; at one point he tucked an ice-bag under the back rim of his white-peaked hat. Diniz was relentless, seemingly inspired by his country's magnificent night in the stadium on Thursday. He reached 20km in 1:28:09 and half-way in 1:49:56, on course to beat his winning time in Göteborg four years ago. The only question was how long he could keep this up?

The two Russians and Sudol had now pulled clear of de Marco as Schwazer worked his way back into medal contention but with half the race to go those four were now a minute and 45 seconds adrift. Kirdyapkin was working hard, with a determined look and his long-arm swing. Schwazer employed his more awkward style and slightly lop-sided gait to begin the earnest chase.

Up ahead, however, Diniz was holding his advantage, his smoother gliding action taking him through 30km in 2:11:53 with Bakulin, Sudol and Schwazer now 10m clear of the world champion but still 1:45 in arrears, their battle now seemingly for the minor medals. Garcia had been making his way slowly up the field, but even he couldn't resist Diniz's pace as the Frenchman caught him 15km from home and the two walked together for two laps, drawing cheers and applause from the swelling crowd.

Diniz was still 1:41 ahead at 40km (2:55:30) and despite slowing over the last 10km, he crossed the line exhausted triumph adding his second European crown to the world silver he won three years ago. The last stretch was clearly tough. Diniz could be seen talking to himself, willing his legs to keep going. Indeed, there was consternation in the French camp when he fell to the road after tripping on a kerb near a drinks station 8km out. But he hadn't led for three hours only to let the crown slip now.

Schwazer had worse problems. Clearly in discomfort, the Italian stopped 13km from home to rub his right hamstring, hobbled on, stopped again, and eventually dropped out leaving Sudol to out muscle Bakulin in the battle for silver. The Pole briefly closed the gap on Diniz to less than 1:30 but by now Diniz was simply too far ahead. The champion sunk to his knees and kissed the road before roaring at the skies and jumping up and down in delight.

He had just walked solo to the third quickest time ever at a European championships and now joins Abdon Pamich and Robert Korzeniowski as the third man to retain this title, cause enough for the champagne champion to down a glass or two of the best bubbly money can buy.



Yohann Diniz – the ecstasy of winning (photos <http://www.european-athletics.org/>)

1.	DINIZ, Yohann	FRA	3:40:37	EL
2.	SUDOL, Grzegorz	POL	3:42:24	PB
3.	BAKULIN, Sergej	RUS	3:43:26	PB

4.	HEFFERNAN, Robert	IRL	3:45:30	NR
5.	GARCÍA, Jesús Ángel	ESP	3:47:56	SB
6.	DE LUCA, Marco	ITA	3:48:36	SB
7.	HÖHNE, André	GER	3:49:29	
8.	NOWAK, Lukasz	POL	3:51:31	
9.	SUSKEVICIUS, Tadas	LTU	3:52:31	PB
10.	ANDRONOV, Yuriy	RUS	3:54:22	SB
11.	GRIFFIN, Colin	IRL	3:57:58	SB
12.	GUSTAFSSON, Andreas	SWE	3:58:02	
13.	MAJDAN, Dusan	SVK	4:00:51	PB
14.	CARDOSO, Augusto	POR	4:03:40	
15.	FILIPOVIC, Predrag	SRB	4:06:29	
	SKARNULIS, Donatas	LTU	DSQ	
	KIRDYAPKIN, Sergey	RUS	DNF	
	NYMARK, Trond	NOR	DNF	
	KOVENKO, Andriy	UKR	DNF	
	SCHWAZER, Alex	ITA	DNF	
	BUDZA, Serhiy	UKR	DNF	
	BRZOZOWSKI, Artur	POL	DNF	
	LINKE, Christopher	GER	DNF	
	PEREIRA, António	POR	DNF	
	KINNUNEN, Jarkko	FIN	DNF	
	BATOVSKY, Milos	SVK	DNF	
	ODRIOZOLA, Mikel	ESP	DNF	

**YOUTH OLYMPIC GAMES, SINGAPORE, 14-26 AUGUST 2010**

The two racewalk events have been completed at the Youth Olympic Games in very humid and overpowering conditions. The walks might have been held in the twilight of the evening but the combination of high ambient temperatures and humidity made for a tough day in the office for all the walkers.

**GIRLS 5000m WALK, BISHAN STADIUM, 21 AUG 2010, 7 PM**

The Girls' 5000m walk finished in dramatic circumstances when leader and pre-race favourite Alina Galchenko of Ukraine, after leading all the way, collapsed with 200m to go, the humidity finally overcoming her. This was a gift for Italian walker Anna Clemente who stormed past to win with a personal best (PB) of 22:27.38. Raising her left hand in silent triumph and saluting the crowd, the Italian avoided any dramatic celebrations, a sensible move given the nature of the victory. China's Mao Yanxue was second in 22:29.42, also a PB, with Russian Nadezda Leontyeva taking the bronze in 22:35.05. Galchenko recovered to end sixth, 20sec behind Anna. In a daze after that, she had to be helped off the track by volunteers.

1.	CLEMENTE Anna	ITA	6 JAN 1994	22:27.38	PB
2.	MAO Yanxue	CHN	15 FEB 1994	22:29.42	PB
3.	LEONTYEVA Nadezda	RUS	12 MAR 1994	22:35.05	
4.	VEALE Kate	IRL	5 JAN 1994	22:36.97	
5.	CABALLERO Yanelli	MEX	29 MAY 1993	22:42.15	PB
6.	GALCHENKO Alina	UKR	18 SEP 1994	22:47.89	
7.	GARCIA Kimberly	PER	19 OCT 1993	23:17.04	PB
8.	STRMENOVA Katarina	SVK	25 JAN 1993	23:24.65	
9.	BUSTOS Ana	ECU	7 DEC 1994	23:43.81	PB
10.	THEODOROPOULOU Aikaterini	GRE	1 DEC 1993	23:44.38	
11.	KACANOVA Diana	LTU	7 JAN 1993	24:36.76	
12.	DUKHOUNIK Volha	BLR	23 SEP 1994	25:09.48	
13.	KAUR Khushbir	IND	9 JUL 1993	25:30.27	
14.	VONGSUWAKUNTA Jantraporn	THA	19 JUL 1993	29:06.19	
	BENAMSILI Zouina	ALG	27 DEC 1994	DNF	

**BOYS 10000m WALK, BISHAN STADIUM, 22 AUG 2010, 7.05 PM**

The longest distance event on the track led off Sunday evening's program and it soon developed into a threesome with Igor Lyashchenko of Ukraine, Eider Arevalo of Colombia and Pavel Parshin of Russia breaking away early. Soon after the half way mark, the Russian faded, leaving Lyashchenko and Arevalo to fight out gold. With Arevalo being shown the red paddle with about 2km to go, the Ukrainian was left on his own to power to an impressive win in a time of 42:43.93. He was more than a minute ahead of silver medallist Oscar Villavicencio of Ecuador (43:46.00) with Parshin holding on for third (44:18.04). Australian **Blake Steele** had a tough time of it, walking mid field for most of the race and finishing 11<sup>th</sup> in 48:00.85. But I am sure that he will learn a lot from the experience and will now be focused on his next chance for international representation, possibly in the 2011 World Racewalking Cup.

1.	LYASHCHENKO Igor	UKR	24 AUG 1993	42:43.93	
2.	VILLAVICENCIO Oscar	ECU	5 MAY 1993	43:46.00	PB
3.	PARSHIN Pavel	RUS	2 JAN 1994	44:18.04	
4.	SERRA Leonardo	ITA	5 JAN 1993	45:19.73	
5.	WEI Xubao	CHN	1 FEB 1993	45:33.80	
6.	YESREF Tewfik	ALG	9 SEP 1993	45:38.46	PB
7.	VEGA Jesus	MEX	23 MAY 1994	46:08.16	
8.	ZALESKI Yauhen	BLR	16 JUN 1993	46:52.38	
9.	MARTIN Alvaro	ESP	18 JUN 1994	47:04.10	
10.	SORENSEN Tyler	USA	18 FEB 1994	47:07.77	
11.	<b>STEELE Blake</b>	<b>AUS</b>	<b>4 JAN 1993</b>	<b>48:00.85</b>	
	ALHASAN ALAHMAD Hazem	SYR	20 APR 1993	DNF	
	HOLCROFT Matthew	NZL	18 JAN 1994	DNF	
	SALYAKHOV Ivan	KAZ	7 JUN 1993	DNF	
	KUMAR Kuldeep	IND	30 DEC 1994	DNF	
	AREVALO Eider	COL	9 MAR 1993	DQ	
	SAVELSKIS Marius	LTU	30 JUL 1994	DQ	

Lyashchenko's splits were 4:11.46, 8:19.88, 12:36.86, 16:59.87, 21:24.85, 25:38.82, 29:53.66, 34:11.26, 38:27.27, 42:43.93

## IAAF RACE WALKING CHALLENGE FINAL, BEIJING, CHINA, SATURDAY 18 SEPTEMBER 2010

The 2010 IAAF Race Walking Challenge Final in Beijing, held in cooler than expected and overcast weather, lived up to all expectations with superb times across the board. In fact, the men's race exhibited the greatest depth ever seen at this level.

### 10km Men

The men's race saw most of the walkers together after a first km of around 4 minutes. From then on, the pace quickly picked up with Wang Zhen, Chu Yafei and Australian Jared Tallent leading through the 4km mark with 15:31. The pace continued relentlessly but the field still did not split, the top nine athletes still within two seconds of each other after 6km. The next kilometre was critical as the pack finally broke up and the 7km mark saw the lead pack reduced to five – Chinese walkers Wang Zhen and Chu Yafei along with Italian Giorgio Rubino, Colombian Luis Lopez and Korean Kim Hyun-Sub. Surprisingly home favourite, Berlin 20km silver medallist Wang Hao was 5 seconds in arrears and Jared Tallent 10 secs behind.

Wang and Chu clocked 3:40 for the next km to reach the 8km mark in 30:25, now alone in the lead with the chasing group some 10 seconds back. 17-year-old Wang then made his move, opening a clear lead over the penultimate kilometre. The youngster held on to win in a super fast 37:44, moving to second place in the world all-time list. Wang's result was also a World Junior best, crushing Russian Stanislav Yemelyanov's old mark of 38:28 by 44 seconds, and was an Asian best. The previous Asian record holder Chu Yafei, 22, became only the third man to break 38 minutes, clocking 37:57 for second place. The previous Area record, 38:40, was set this season in Kraków where he won the IAAF Race Walking Challenge. Rubino just held on to the third place ahead of Wang Hao, who almost caught him on the finish line, both walkers clocking personal bests of 38:00. Lopez was fifth in 38:10 and Hyun-Sub was sixth in 38:13. Another young Chinese, 18-year-old Chen Ding, was seventh in 38:23, also surpassing the previous World Junior record and Jared finished eighth in 38:29. The first 15 athletes all set personal bests.

To put this race into perspective, Wang Zhen's winning time of 37:44 was the equal second fastest of all-time. Norwegian Erik Tysse has the fastest time of 37:33, set in Hildesheim in 2006 and he also walked 37:44 last year. But the depth in those races was different. Tysse was the only athlete to dip under 38 minutes before Saturday when Wang Zhen and Zhu went under 38 min and Rubino and Wang Hao were both timed in 38 minutes flat. Wang Zhen's splits were 19.16 and 18.28, meaning he was on sub-37 min pace in the second half of the race. That implies we have much more to see from this young man.

From the local perspective, the performances of the four Australians was amazing with the All-Time list completely rewritten by **Jared 38:29, Luke Adams 38:41, Chris Erickson 38:59 and Adam Rutter 39:20** all doing huge PBs. Rarely do we see a single Australian break 40 minutes but on Saturday our top 4 walkers all did the deed.



The start of the men's 10km race (<http://www.iaaf.org>)

1.	Wang Zhen	CHN	37:44	
2.	Chu Yafei	CHN	37:57	
3.	Giorgio Rubino	ITA	38:00	
4.	Wang Hao	CHN	38:00	
5.	Luis López	COL	38:10	
6.	Kim Hyun-Sub	KOR	38:13	
7.	Chen Ding	CHN	38:23	
8.	<b>Jared Tallent</b>	<b>AUS</b>	<b>38:29</b>	<b>(30 sec PB)</b>
9.	<b>Luke Adams</b>	<b>AUS</b>	<b>38:41</b>	<b>(33 sec PB)</b>
10.	Park Chil-Sung	KOR	38:42	
11.	<b>Chris Erickson</b>	<b>AUS</b>	<b>38:59</b>	<b>(2:10 PB)</b>
12.	Joao Garcia Vieira	POR	39:06	
13.	Cai Zelin	CHN	39:06	
14.	Matej Toth	SVK	39:07	
15.	<b>Adam Rutter</b>	<b>AUS</b>	<b>39:20</b>	<b>(52 sec PB)</b>

16.	Arai Hirooki	JPN	40:11
17.	Zhao Chengliang	CHN	40:12
18.	Yim Jung-Hyun	KOR	41:28
19.	Oh Se-Han	KOR	42:11
	Xu Faguang	CHN	DNF
	Byun Young-Jun	KOR	DQ
	Eder Sanchez	MEX	DQ

### 10km Women

In the women's race, 13 athletes started but it quickly turned into a race of one when Russian Tatyana Sibileva broke away before the first kilometre had been completed. By the 3km mark, she was 10 secs in front of the chasing pack and the lead lengthened as the remaining kilometres were ticked off. The main contenders for the 2010 IAAF Race Walking Challenge were all in the chasing group behind the Russian - Chinese pre-race favourites Liu Hong and Li Yanfei and seasoned German Melanie Seeger.

At the 5km mark Liu Hong, a medallist from the Beijing Olympics and the Berlin World Championships, tried to make a move but a 5-second gap on the other two was hauled in by the 7km mark and it was not until the final couple of kms that the minor places were sorted out. The results show Sibileva winning in 41:53, a personal best and fastest time in the world this year, Liu taking second with 42:30, Seeger third with 42:36 and Li fourth with 42:41, all personal bests. The next three places went to Portuguese walkers Ines Henriques (43:09), Ana Cabecinha (43:17) and Susana Feitor (43:41). The event was not so kind to Australia with **Claire Tallent** DQd at the 8.8km mark when in 5<sup>th</sup> place and on for a time of around 43:15 and **Jess Rothwell** aggravating her hamstring and forced to take it very easy to finish with what was for her a slow 46:03. The even worse news is that Jess has now withdrawn from the Delhi Games – see <http://www.insideathletics.com.au/meets/2391-rothwell-out-of-commonwealth-games-wroe-gains-individual-spot>

1.	Tatyana Sibileva	RUS	41:53
2.	Liu Hong	CHN	42:30
3.	Melanie Seeger	GER	42:36
4.	Li Yanfei	CHN	42:41
5.	Ines Henriques	POR	43:09
6.	Ana Cabecinha	POR	43:17
7.	Susana Feitor	POR	43:41
8.	Zuzana Malikova	SVK	44:12
9.	He Qing	CHN	44:20
10.	Vera Dos Santos	POR	44:53
11.	<b>Jess Rothwell</b>	<b>AUS</b>	<b>46:03</b>
	Claire Tallent	AUS	DQ
	Li Li	CNN	DQ



Left: Chu Yafei (CHN), Wang Zhen (CHN) and Giorgio Rubino (ITA)  
Right: Liu Hong (CHN), Tatyana Sibileva (RUS) and Melanie Seeger (GER)

The performances of the Australian men completely rewrite the Australian all time list which now shows an amazing 9 walkers with performances better than 40 minutes.

	Time	Name	State	DOB	Place	Details	Date	Age
1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	09/06/2001	23
3	<b>38.29</b>	<b>Jared Tallent</b>	V	17/01/1984	8	IAAF Challenge Series Final 10km, Beijing	18/09/2010	26
4	<b>38.41</b>	<b>Luke Adams</b>	N	22/10/1976	9	IAAF Challenge Series Final 10km, Beijing	18/09/2010	33
5	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6	<b>38.59</b>	<b>Chris Erickson</b>	V	01/12/1981	11	IAAF Challenge Series Final 10km, Beijing	18/09/2010	28
7	39.10	Nick A'Hern *	N	06/01/1969	1	Sydney	13/01/1991	22
8	<b>39.20</b>	<b>Adam Rutter</b>	N	24/12/1986	15	IAAF Challenge Series Final 10km, Beijing	18/09/2010	23
9	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30

**2009 AUSTRALIAN UNIVERSITY GAMES, GOLD COAST, 29 SEPTEMBER – 1 OCTOBER**

The 2009 Australian University Games have just been completed at the Gold Coast City Athletics Track at Southport and 5000m track walks were contested as usual. Tom Barnes and Nicole Fagan were worthy winners as shown below, This was Tom's third or fourth win and was not far outside his Uni Games record of 21:09. VRWC members Erin Adamcewicz and Jason Kozica also walked well as did Ballarat walker David Ranger.

**Women 5000 Metre Race Walk**

1.	Fagan, Nicole	20	MQU	24:05.83
2.	Alldis, Fiona	21	UTS	25:09.64
3.	Bourke, Lauren	19	USYD	25:44.99
4.	Adamcewicz, Erin	26	UBAL	27:40.22
	Heazlewood, Jessica	22	USYD	DNF
	Lee, Beki	23	ACPE	DQ

**Men 5000 Metre Race Walk**

1.	Barnes, Thomas	27	MELB	21:36.83
2.	Mulhearn, Derek	19	USYD	22:35.66
3.	Ranger, David	20	MON	25:12.05
4.	Kozica, Jason	21	DEAK	28:49.28
5.	Smith, Andrew	20	CSU	28:59.73

## AUSTRALIAN 50KM CHAMPIONSHIP, FAWKNER PARK, MELBOURNE, SUNDAY 22 NOVEMBER

Last Sunday saw the Australian 50 km roadwalking championship contested at Fawkner Park in Melbourne. The weekend also saw a huge downpour of some 60mm of rain over the Saturday night/Sunday morning and walkers and officials were caught in the middle of it. Interestingly, the same thing happened with the 2008 Australian 50 km championship. Both events saw long periods of hot dry conditions broken by huge downpours. What are the chances of that!

Amazingly Jared Tallent was able to negotiate the adverse conditions and powered to a PB time of 3:38:56, with his last 10km (done in ever increasing rain intensity) his fastest. Unfortunately the other medallists, Tom Barnes and Duane Cousins, had another 30+ mins to go at that stage and the rain intensity was so great by then that the course flooded in a number of places and they were literally wading through lakes of water. Thus their final times were not a true reflection of their efforts.



### Jared Tallent, Adam Rutter, Tom Barnes, Darren Bown and Duane Cousins in action in the Australian 50km championship

The race report on the A.A. website (see [http://www.athletics.com.au/news/news/2009/november/flame\\_sizzles\\_despite\\_the\\_driz](http://www.athletics.com.au/news/news/2009/november/flame_sizzles_despite_the_driz)) provides a good starting point to review the various events on offer.

In adverse conditions this morning, dual Olympic medallist and Australian Flame **Jared Tallent** posted a new personal best time of **3:38.56** to secure himself the Australian 50km Road Walk Championship at Melbourne's Fawkner Park.. In an unrivalled effort, Tallent secured his gold medal just 3 days after completing an arduous altitude training regime at the A.I.S.

"I didn't expect the time so quickly after such intense strength and base training at the altitude camp," he said. "We haven't really been working on speed recently so to start the summer with a personal best time gives me a lot of confidence. I'm looking for a medal at the next year's IAAF Road Walk Championships in Mexico and today's result is the ideal start to what will be a tough training schedule between now and then."

Victorian **Tom Barnes** finished second. In a time just shy of his personal best (4:12.05), Barnes' performance comes on the back of competing at the World University Games in Belgrade earlier this year. Rounding out the top three was **Duane Cousins**. Cousins, both an Olympian and World Championships representative completed the water covered course in 4:14.58.

In the men's 20km Road Walk, **Ian Rayson** was the first to cross the finish line in a time of 1:29.50. Rayson, whom travelled to Melbourne from his base at the N.S.W.I.S, was followed by the **Brendan Reading** (second – 1:30.42) and **Derek Mulhearn** (third – 1:39.16)

**Jessica Rothwell** led the way in the women's 20km Road Walk completing the course in a time of 1:34.22.

Rothwell looked confident in her stride for the entire race saying she couldn't be happier at this stage of the year. "Mexico for the IAAF World Race Walk Championships is what I'm preparing for at the moment so to start like this in tough conditions is great. Speed training hasn't really commenced yet so I'm really happy with my time and feel confident heading into some pretty big events."

Rothwell's Australian Flame team mate from **Claire Tallent** was second to cross the line in a time of 1:37.47 capping off a successful morning for the Tallent family . Tallent was followed by Victorian **Kelly Ruddick** whom finished third in 1:46.49.

In the final event of the morning, Victorians **Beth Alexander** and **Rhydian Cowley** took victory in the invitational men's and women's 10000m Junior Road Walk events in times of 50:34 and 45:09 respectively.

As an added treat, you can see all the action in yet another one of David Armstrong's brilliant AthsVic TV video productions - now posted at <http://www.youtube.com/watch?v=nz0R-E3Ijio>

### Australian 50km Roadwalking Championship

1.	Jared Tallent	AIS/VIC	3:38.56
2.	Tom Barnes	VIC	4:12.05
3.	Duane Cousins	VIC	4:14.58
	Adam Rutter	AIS/NSW	DNF
	Luke Adams	AIS/NSW	DNF
	Darren Bown	SA	DNF
	Andrew Jamieson	VIC	DNF

### 20km Open Women Invitational

1.	Ian Rayson	NSWIS	1:29.50
	Brendon Reading	ACT	1:30.42
3.	Derek Mulhearn	NSW	1:39.16
4.	Daniel Payne	VIC	1:43.28 (PB)
5.	Stuart Kollmorgen	VIC	1:48.25
	Ralph Bennett	VIC	DQ

### 20km Open Men Invitational

1.	Jessica Rothwell	VIS	1:34.22
2.	Claire Tallent	AIS/SA	1:37.47
3.	Kelly Ruddick	VIC	1:46.49
4.	Lynette Ventris	WA	1:50.48
5.	Lauren Bourke	NSW	1:53.22 (PB)
6.	Heather Carr	VIC	1:57.38
7.	Tamara Attard	VIC	2:06.28 (PB)
8.	Caitlin Brunton	VIC	2:21.46 (PB)
	Nicole Fagan	NSW	DNF
	Megan Szirom	VIC	DNF
	Cheryl Webb	NSWIS	DQ

### 10km Junior Men Invitational

1.	Rhydian Cowley	VIC	45.09
2.	Blake Steele	SA	45.12 (PB)
3.	Jordan Mulhearn	NSW	48.44
4.	Brad Simpson	VIC	52.55 (PB)
	Sean Fitzsimons	WA	DQ

### 10km Junior Women Invitational

1.	Beth Alexander	VIC	50.34
2.	Rachel Tallent	VIC	53.20

**Heather Carr**, in recording 1:57:38, set a new **W60 World Masters Record** for the 20km roadwalk. Well done Heather on a wonderful performance. With next year's Aust-U23 vs NZ-Open 20km match in mind, a number of U23 men and women completed their first 20km walks – **Lauren Bourke** (NSW), **Tamara Attard** (VIC), **Caitlin Brunton** (VIC) and **Daniel Payne** (VIC). My unofficial 2010 U23 rankings now look like this

U23 Men	1:27.29	Ian Rayson	N	040288	32	Wuxi, China	18-Apr
	1:30.19	Brendon Reading	A	260189	8	Melbourne	07-Mar
	1:38.35	Derek Mulhearn	N	041090	1	Sydney	26-Jul
	1:43.28	Daniel Payne	V	300190	4	Melbourne	22-Nov
U23 Women	1:30.25	Jess Rothwell	V	180689	2	Melbourne	07-Mar
	1:50.40	Nicole Fagan	N	240789	2	Sydney	30-Aug
	1:53.20	Lauren Bourke	N	200790	5	Melbourne	22-Nov
	2:06.28	Tamara Attard	V	190490	7	Melbourne	22-Nov
	2:21:46	Caitlin Brunton	V	251189	8	Melbourne	22-Nov

A number of our current U23s (including Adam Rutter, Jillian Hosking and Jess Heazlewood) turn 23 next year so move out of the age group. Hence I have left them off this list. Athletics Australia will pick its U23 team of up to 4 men and 4 women in January.



**Sean Fitzsimons, Blake Steele, Rhydian Cowley, Daniel Payne, Derek Mulhearn and Ian Rayson in action**



**Brendon Reading, Claire Tallent, Heather Carr and Claire Tallent in action**

**AUSTRALIAN SCHOOLS T&F CHAMPIONSHIPS, HOBART, 4-7 DECEMBER 2009**

I have just returned from an exciting 4 days in Hobart spectating at the Australian Schools Track and Field titles. This annual meet for age groups U14 – U18 was probably the biggest ever with over 1400 young athletes in attendance. Queensland sent a huge team of over 400 and it was a case of quality and quantity as they matched the strong Victorian team event for event and age group for age group.

The walks saw the biggest fields ever with over 130 entries in all and it was once again Queensland vs Victoria. Queensland walkers won an amazing 6G 1S and 3B from the 10 walk events and scooped the pool in the male ranks, winning all 5 divisions. Victoria can stand proud with their 3G 6S and 3B but I would have to give overall racewalking honours to Queensland for their superior Gold count. This is a wonderful achievement for a numerically small walking State and I must congratulate Queensland Walking Club and coaches Noela McKinven, Robyn Wales and Dave Smith for their major parts in this huge result.

And now onto the racing. The U17 and U18 Boys' 5000m walks were contested first up on Friday afternoon in cool and overcast weather – ideal for fast walking. As expected, Dane Bird-Smith won the U18 event as he liked in a new Meet record of 21:08.70. Dane had a busy weekend, backing up to run a heat of the U18 400m on the Saturday, a 200m heat on the Sunday and then running the 400m U18 Final (4<sup>th</sup> in 49:01) and participating for QLD in the 4x800m Relay Final (3<sup>rd</sup> in 3:17.84) on the Monday afternoon. Not a bad weekend's work!

Brad Aiton of QLD won the U17 event with an excellent 23:16.8 and then backed up and won the U16 3000m two days later (what a great double). The depth of the QLD squad can be seen from the results – 4 in the first 5 in the U18 boys and 4 in the first 5 in the U17 boys. The U17 race was a very exciting one as Victorian Michael O'Mahony matched it with Brad for the whole race, only losing out in the final lap. For Michael it was a 5 minute PB and his time of 23:23.54 now catapults him into focus as one of our top young walkers. Jesse Osborne of QLD who was third in the U17 5000m backed up two days later to win the U15 3000m. Brad Simpson was also in action in the U17 event, taking 6<sup>th</sup> in a PB time of 25:21.17.

**Boys 5000 Metres Race Walk Under 18, Friday 4 December, 5PM**

**Meet Record: 22:07.83 2006 Daniel Coleman, TAS**

1.	Dane Bird-Smith	92	QLD	21:08.70 Record
2.	Jordan Mulhearn	92	NSW	23:53.02
3.	Nicholas Dewar	92	QLD	24:42.63
4.	Brandon Dewar	92	QLD	25:19.52
5.	John Hallam	92	QLD	26:48.78
6.	Benjamin Catley	92	WA	30:03.28
	Fraser Nixon	92	NSW	DNF
	Matthew Felton	94	VIC	DQ

**Boys 5000 Metres Race Walk Under 17, Friday 4 December, 5PM**

**Meet Record: 22:15.13 2006 Brook Keys, NSW**

1.	Brad Aiton	94	QLD	23:16.08
2.	Michael O'Mahony	93	VIC	23:23.54
3.	Jesse Osborne	95	QLD	24:09.13
4.	Elliot Hodgson	95	QLD	24:23.82
5.	Corey Buckler	94	QLD	25:02.09
6.	Brad Simpson	93	VIC	25:21.17
7.	Jay Felton	95	NSW	25:39.24
	Cheyne Egelton	93	NSW	DQ



**Dane Bird-Smith, Jordan Mulhearn, Nick Dewar, Brad Aiton, Michael O'Mahony and Jesse Osborne**

The U18 and U17 girls were next up and this was a Victorian double with Beth Alexander (25:00.70) and Rachel Tallent (24:42.58) winning their respective races. To top it off for Victoria, Amy Burren took second in the U17 walk in a PB time of 25:00.27 and then backed up two days later to win the U16 3000m. Like Amy, Hannah Watson of WA who took third in the U17 event with 25:26 was back 2 days later to take silver in the U16 3000m. Victoria was well represented in the U17 event and I think that our other girls also managed track PBs – Jmara Hockley-Samon 26:02, Hilary Brazel 26:11 and Emily Payne 28:32.

**Girls 5000 Metres Race Walk Under 18, Friday 4 December, 6:10PM**

**Meet Record: 23:27.33 2007 Melissa Hayes, NSW**

1.	Beth Alexander	92	VIC	25:00.70
2.	Vanessa Noble	92	NSW	31:06.01

**Girls 5000 Metres Race Walk Under 17, Friday 4 December, 6:10PM**

**Meet Record: 23:55.30 2006 Melissa Hayes, NSW**

1.	Rachel Tallent	93	VIC	24:42.58
2.	Amy Burren	94	VIC	25:00.27
3.	Hannah Watson	94	WA	25:26.72
4.	Kristie Goznik	93	SA	25:30.77
5.	Jmara Hockley Samon	95	VIC	26:02.03
6.	Hilary Brazel	93	VIC	26:11.21
7.	Amber Tuscharski	93	SA	26:13.67
8.	Samara Holliday	93	SA	26:52.43
9.	Lotta Danner	95	SA	27:39.09
10.	Emily Payne	93	VIC	28:32.00
11.	Jacqueline Smith	93	WA	28:39.20
12.	Jade Dighton	93	NSW	30:05.71
13.	Casey Sims	94	QLD	30:24.94
14.	Faith Bennett	94	QLD	30:35.80
15.	Rachael Maher	93	QLD	30:46.49



**Beth Alexander, Rachel Tallent, Kristie Goznik, Hannah Watson, Amy Burren and Hilary Brazel in action**

The U14 1500m events were held on Saturday afternoon in good conditions – still cool and partially overcast. The girls' field of 33 walkers made it the largest final of any event on the program and it was an exciting high quality race with the first 24 walkers all bettering 8 minutes. The race for the medals was a great one with little separating Rachel Barker QLD, Tayla-Paige Billington NSW and Stephanie George VIC. Eventually, Rachel came home first with a big PB time of 6:59.77 just ahead of Tayla. Steph's time of 7:08.6 was also a PB for third. We had 10 Victorian girls in this event and most did PBs but the same can be said of the entire field.

**Girls 1500 Metres Race Walk Under 14, Saturday 5 December, 3:25PM**

**Meet Record: 6:19.33 2005 Paige Hooper, SA**

1.	Rachel Barker	96	QLD	6:59.77
2.	Tayla-Paige Billington	97	NSW	7:01.20
3.	Stephanie George	96	VIC	7:08.06
4.	Kenza Benzenati	97	QLD	7:18.06
5.	Sarah Burren	96	VIC	7:19.80
6.	Amy Morssinkhof	96	QLD	7:21.10
7.	Billie Whitelaw	96	VIC	7:23.50
8.	Jemma Potezny	96	SA	7:31.98
9.	Piper Douglas	97	SA	7:32.90
10.	Jasmine Dighton	96	NSW	7:33.25
11.	Carla Elias	96	NSW	7:33.47

12.	Lauren Stadius	96	VIC	7:33.94
13.	Sophie Eberhardt	96	TAS	7:39.83
14.	Amanda Barendregt	96	NSW	7:39.89
15.	Emma Robson	96	NSW	7:41.95
16.	Jasmine Irshad	97	VIC	7:43.48
17.	Alina Tape	97	NSW	7:45.42
18.	Katya Martin	97	QLD	7:46.84
19.	Rebecca Guy	96	VIC	7:48.71
20.	Zoe Boldiston	97	VIC	7:51.31
21.	Jessica Sexton	96	WA	7:52.98
22.	Carly Bertrand	96	VIC	7:54.03
23.	Andrea Sexton	96	WA	7:54.71
24.	Caitlin Plummer	97	NSW	7:58.86
25.	Tess Carroll	96	QLD	8:04.23
26.	Natasha Estrada	96	NSW	8:06.24
27.	Jesse Sims	97	QLD	8:08.25
28.	Samantha Martin	96	NSW	8:09.66
29.	Teeghan Annear	96	NSW	8:10.81
30.	Megan Walker	97	VIC	8:11.46
31.	Jessey Wilson	96	VIC	8:12.51
32.	Rachelle Taylor	96	TAS	8:27.38
33.	Kelsey White	96	ACT	8:44.40



**Ben Tesch, Connor McShanag, Billy Allamby, Rachel Barker, Stephanie George, Sarah Burren and Jeremiah Jones**

The boy's event proved just as exciting with Ben Tesch QLD, Billy Allamby VIC and Connor McShanag VIC together throughout the race. Ben proved the strongest but all 3 boys walked wonderfully and all did big PBs. Jeremiah Jones VIC and Jason Dredge NSW also did big PBs for fourth and fifth places. Since Billy and Jeremiah have another year to go in this age group, they will be hard to beat next year. Andrew Hogan and Lucas Taylor, the other two VIC walkers, also walked excellently for 7:33 and 7:34.

**Boys 1500 Metres Race Walk Under 14, Saturday 5 December, 3:37PM**  
**Meet Record: 6:43.03 2007 Matthew Timson, NSW**

1.	Benjamin Tesch	96	QLD	6:52.97
2.	Billy Allamby	97	VIC	6:57.10
3.	Connor McShanag	96	VIC	7:04.57
4.	Jeremiah Jones	97	VIC	7:20.82
5.	Jason Dredge	96	NSW	7:22.92
6.	Andrew Hogan	96	VIC	7:33.67
7.	Lucas Taylor	96	VIC	7:34.89
8.	Matthew Oswald	96	NSW	7:39.98
9.	Louis Rose	97	TAS	7:43.30
10.	Robert Murphy	96	NSW	7:57.11
11.	Mitchell Walker	96	TAS	8:35.24
12.	Jacob Mitchell	96	ACT	9:40.19
	Tristan Anderson	96	WA	DQ
	Johnathan Anestoudis	97	NSW	DQ

The U15 and U16 3000m were the last walking events to be held, on the Sunday afternoon in cool and overcast conditions. The girls kicked off proceedings in a combined race featuring 33 walkers. Amy Burren was superb, adding to her silver on Friday with a Meet record time of 14:18.7 to win the U16 event - this was a 41 sec PB. Hannah Watson and Jessica Pickles took the minor medals in this

age division while Cassie Raselli recorded her best time for over 2 years to take 5<sup>th</sup> in 15:27.57 behind Emma Bettiol with 15:13.85. The U15 girls race was an exciting one with pre-race favourite Elizabeth Hosking challenged by Victorians Jmara Hockley-Samon and Amelia Finnegan. Elizabeth showed her class to kick away and win in 14:25.61 and the two Vics were rewarded with PBs of 14:41.29 and 15:01.98 for second and third respectively. This was a big couple of races for the Vics with 12 girls in action overall.



**Amy Burren, Hannah Watson, Jessica Pickles, Amy Morssinkhof, Jmara Hockley-Samon, Elizabeth Hosking and Amelia Finnegan**

**Girls 3000 Metres Race Walk Under 16, Sunday 6 December, 4:15PM**

**Meet Record: 14:34.24 2004 Cassandra Staples, NSW**

1.	Amy Burren	94	VIC	14:18.07 Record
2.	Hannah Watson	94	WA	14:45.91
3.	Jessica Pickles	94	QLD	15:13.85
4.	Emma Bettiol	94	NSW	15:27.57
5.	Kristy Klein	94	NSW	15:28.57
6.	Cassandra Raselli	94	VIC	15:36.63
7.	Ella Mason	94	VIC	16:19.40
8.	Samatha Flood	94	NSW	16:51.90
9.	Faith Bennett	94	QLD	17:17.84
10.	Ebony Tallent	94	VIC	17:49.17

**Girls 3000 Metres Race Walk Under 15, Sunday 6 December, 4:15PM**

**Meet Record: 13:50.90 2005 Paige Hooper, SA**

1.	Elizabeth Hosking	95	ACT	14:25.61
2.	Jmara Hockley Samon	95	VIC	14:41.29
3.	Amelia Finnegan	95	VIC	15:01.98
4.	Rachel Barker	96	QLD	15:07.72
5.	Jemma Potezny	96	SA	15:31.28
6.	Amy Bettiol	95	NSW	15:32.62
7.	Amy Morssinkhof	96	QLD	15:35.52
8.	Sarah Burren	96	VIC	15:38.30
9.	Hannah Denney	95	NSW	15:41.83
10.	Shay Southern	95	NSW	15:43.65
11.	Lotta Danner	95	SA	15:48.79
12.	Breanna Brown	95	WA	15:51.41
13.	Ashley Albert	95	VIC	16:01.80
14.	Ebony Whiley	95	VIC	16:02.95
15.	Sophie Eberhardt	96	TAS	16:17.08
16.	Lauren Stadius	96	VIC	16:20.16
17.	Andrea Sexton	96	WA	16:34.59
18.	Emma Walker	96	TAS	17:36.96
19.	Grace Campbell	95	VIC	18:24.91
	Piper Douglas	97	SA	DQ
	Kenza Benzenati	97	QLD	DQ
	Jasmine Dighton	96	NSW	DQ
	Jessey Wilson	96	VIC	DQ

The boys came next with another combined event. The U16 race was the most exciting of the entire meet with Lewis Clark and Josh Dillon taking it right up to favourite Brad Aiton. Brad came into the event some 45 secs faster than anyone else on times and he certainly walked up to expectations, recording 13:19.09 for a new Meet record. But Lewis and Josh went with him with Lewis

actually taking the lead in the second last lap. He was eventually outprinted by Brad but his final time of 13:20.01 also broke the Meet record and was a 43 sec PB while Josh, in his first season of serious walking, took over 20 secs off his best time for a well deserved bronze ahead of NSW walker Nathan Fazldad. Matthew Felton, the third Victorian, took sixth with a PB time of 14:21.83.

The U15 race went as expected on times with the strong Queensland team dominating – Jesse Osborne did a 30 sec PB to set a new Meet record of 13:32.92. Behind him, Elliot Hodgson walked up to his best to take second with 14:05.82 while Jay Felton of NSW took a well judged third with a 50 sec PB time of 14:14.82. Of the Vics, Jared Walker did a 32 sec PB to record 14:59.61, Billy Allamby backed up from his silver the previous day for 15:12.67, Jeremiah Jones did a 36 sec PB to record 15:53.96 and Lucas Taylor also did a big PB with his time of 16:28.69.

**Boys 3000 Metres Race Walk Under 16, Sunday 6 December, 5:10PM**

**Meet Record: 13:28.80 2004 Brendon Reading, ACT**

1.	Brad Aiton	94	QLD	13:19.09 Record
2.	Lewis Clark	94	VIC	13:20.01 Also broke record
3.	Josh Dillon	94	VIC	13:41.64
4.	Nathan Fazldad	94	NSW	13:56.66
5.	Corey Buckler	94	QLD	14:19.63
6.	Matthew Felton	94	VIC	14:21.83
7.	Steven Washburn	94	NSW	16:06.97

**Boys 3000 Metres Race Walk Under 15, Sunday 6 December, 5:10PM**

**Meet Record: 13:57.52 2006 Sean Fitzsimons, WA**

1.	Jesse Osborne	95	QLD	13:32.92 Record
2.	Elliot Hodgson	95	QLD	14:05.82
3.	Jay Felton	95	NSW	14:14.80
4.	Benjamin Tesch	96	QLD	14:30.39
5.	Jared Walker	95	VIC	14:59.61
6.	Billy Allamby	97	VIC	15:12.67
7.	Matthew Killen	95	NSW	15:29.21
8.	Kurtis Birch-Ward	95	NSW	15:36.83
9.	Jeremiah Jones	97	VIC	15:53.96
10.	Tristan Anderson	96	WA	16:11.09
11.	Lucas Taylor	96	VIC	16:28.69
12.	Louis Rose	97	TAS	16:30.41
	Harry Bates	95	ACT	DQ



**Jesse Osborne, Josh Dillon, Lewis Clark, Brad Aiton, Elliot Hodgson and Jay Felton**

**2010 AUSTRALIA CUP, AIS ATHLETICS TRACK, BRUCE, ACT, SATURDAY 30 JANUARY 2010**

The next big race of the summer kicks off in Canberra on Saturday 30 January and it will see most of our top walkers in action, along with some Swedish and Mexican competitors. The list reads like a who's who of Australian walking and if conditions are good, we can expect to see some fantastic times. The provisional start lists are

**Event 22 Men 5000 Metres Race Walk Invitation Open  
Saturday 30/01/2010 - 5:34 PM**

1	Luke Adams	Ais
2	Dane Bird - Smith	Qrwc
3	Daniel Coleman	Tas
4	Rhydian Cowley	Vic
5	Nathan Deakes	Ais
6	Sean Fitzsimons	Ais
7	Adrian Herrera	Mex
8	Ato Ibáñez	Swe
9	David Mejia	Mex
10	Derek Mulhearn	Nsw
11	Ian Rayson	Nswis
12	Brendon Reading	Act
13	Michael Reading	Ais
14	Adam Rutter	Ais
15	Eder Sanchez	Mex
16	Blake Steele	Una
17	Jared Tallent	Ais
18	Steven Washburn	Nsw

**Event 23 Women 5000 Metres Race Walk Invitation Open  
Saturday 30/01/2010 - 5:34 PM**

1	Beth Alexander	Vic
2	Lauren Bourke	Gosford
3	Amy Burren	Malvern Harriers
4	Nicole Fagan	Nsw
5	Jessica Heazelwood	Nsw
6	Jillian Hosking	Act
7	Regan Lamble	Ais
8	Bekki Lee	Nsw
9	Mari Olsson	Swe
10	Jessica Rothwell	Vis
11	Megan Szirom	SA
12	Claire Tallent	Ais
13	Rachel Tallent	Vic
14	Kellie Wapshott	Ais
15	Cheryl Webb	Nswis

**CANBERRA GRAND PRIX 5000M WALK, AIS TRACK, CANBERRA, SATURDAY 30 JANUARY**

The first big track meet of the summer kicked off on Saturday with the Canberra Grand Prix meet at the AIS track. Unfortunately Nathan Deakes and Chris Erickson were at Frank Bertel's wedding in Melbourne and Luke Adams was fighting off the effects of a cold and also bypassed the chance to race. That left Jared Tallent and Adam Rutter to fight it out and, as expected, they soon cleared out from the rest of the field. Jared proved too good on the day with 19:08.81 even though he is one of a number of walkers in the middle of a tough stint in the altitude house. Adam slowed once Jared dropped him and was content to come home in what was for him a slowish 19:51.10. The next 3 places were taken by overseas walkers David Mejia, Adrian Herrera and Ito Ibanez who are all currently training at the AIS. They were then followed by the strong contingent of young Australian walkers. It is fair to say that most walkers raced tired after a heavy month of training but the racing was still honest and PBs were recorded by Dane Bird-Smith, Derek Mulhearn and Blake Steel.

**Men 5000 Metres Race Walk Invitation Open**

1.	Jared Tallent	AIS	19:08.81	
2.	Adam Rutter	AIS	19:52.10	
3.	David Mejia	MEX	19:56.23	
4.	Adrian Herrera	MEX	19:59.41	
5.	Ato Ibanez	SWE	20:12.16	(PB)
6.	Dane Bird-Smith	QLD	20:21.69	(PB – 1 sec)
7.	Ian Rayson	NSWIS	20:46.15	
8.	Brendon Reading	ACT	21:11.87	
9.	Darren Bown	SA	21:14.05	
10.	Sean Fitzsimons	AIS	21:36.51	
11.	Derek Mulhearn	NSW	21:42.67	(PB – 20 secs)
12.	Rhydian Cowley	VIC	21:46.95	
13.	Blake Steele	SA	22:06.09	(PB - track)
14.	Michael Reading	ACT	24:05.64	
15.	Steven Washburn	NSW	25:10.31	

The women's event was a race of 4 with little separating Claire Tallent, Jillian Hosking, Kellie Wapshott and Cheryl Webb early on. The day turned out to be a good one for the Tallent family with Claire recording 22:22.58 to join her husband Jared on the winner's podium. Jillian walked strongly for second place with 22:35.15 while Kellie, in her first race since June last year, took third with 22:54.91. Like the men, most women raced tired, still preparing for Hobart in 2 weeks time.

**Women 5000 Metres Race Walk Invitation Open**

1.	Claire Tallent	AIS	22:22.58
2.	Jillian Hosking	ACT	22:35.15
3.	Kellie Wapshott	AIS	22:54.91
4.	Cheryl Webb	NSWIS	23:04.26
5.	Beki Lee	NSW/JSL	23:36.56
6.	Nicole Fagan	NSW	23:49.70
7.	Beth Alexander	VIC	24:36.84
8.	Amy Burren	VIC	DNF.
9.	Regan Lamble	AIS	DNF

## AUSTRALIAN 20KM CHAMPIONSHIPS, HOBART, SATURDAY 13 FEBRUARY 2010

It would be remiss of me not to make last Saturday's Hobart championships our lead story. It is not often that one event can count for so much:

- An IAAF Category C Racewalking Challenge Event (for IAAF Points and \$10,000 prize money)
- The Australian Open 20km Championships
- The Australian U23 20km Championships
- The Australia U23 vs New Zealand Match Race
- The 2010 Commonwealth Games 20km trials
- The 2010 Racewalking World Cup Open 20km trials
- The 2010 Racewalking World Cup U20 10km trials

And just to top it off, the venue was perhaps the best ever for an Australian championship, right in the middle of the Hobart tourist and restaurant district and right alongside Constitution Dock. Wow – just how much can you fit into one evening!

First to the men's 20km event which boasted the winners of the last 3 IAAF Racewalking Challenge Series – **Eder Sanchez** of Mexico (2009), **Jared Tallent** (2008) and **Luke Adams** (2007) - as well as **Nathan Deakes** (2007 World 50km champion) and a whole swag of world class internationals including Mexicans **David Mejia** and **Adrian Herrera**, Japanese **Isamu Fujisawa** and **Yuki Yamazaki** and Swedish walker **Ato Ibanez**. Add into that mix our other two Berlin reps last year in **Adam Rutter** and **Chris Erickson** and our many fine up and coming younger walkers and it was the best field assembled on Australian soil since the 2000 Olympics.

Jared was fired up and ready for a big performance, following on from his 3:38 PB time in winning the Australian 50km event in November 2009. Coming straight off a 3 week stint in the AIS altitude house (as was the case for his 50km walk), he burst to the front from the gun, dragging the lead group through for a sub-8 min first lap. His pace was relentless, ticking off a whole series of 7:50 laps to reach the half way mark in a super fast 39:07. He was on his own after the first lap and from then on it was just a case of how fast he could go and how much he would win by. The leading group was spread behind him – Eder Sanchez, Luke Adams, Nathan Deakes, Adam Rutter, Chris Erickson and Ato Ibanez of Sweden.

Around the half way mark, the complexion of the race quickly changed as Nathan Deakes fell off the pace and then retired, to be almost immediately followed by Adam Rutter. The remaining top liners pushed on towards the finish with Ato Ibanez making up big ground and walking a great race. He passed Chris Erickson at the 17km mark to take 4<sup>th</sup> position and was then elevated to third position when Eder Sanchez was DQ'd in the dying stages of the race. Chris rallied to catch him and they raced towards the finish, both eyeing third place and a share of the prize money. Ato proved the stonger on the day to take third behind Jared (who recorded a huge PB time of 1:39:15 PB) and Luke (1:22:07), and Chris had to be content with fourth. Behind him came the two Japanese walkers and then the first of the U23 Aussies, **Ian Rayson** and **Brendon Reading**, both lads doing excellent times. **Derek Mulhearn** was the next of the U23 walkers to finish with his own big PB. It was a case of the next generation standing up to be counted.

While Nathan Deakes may not have secured a finish, he did enough to convince me that he is back in business. To have the confidence to go with Jared from the start and to then hold on for 10km shows that his comeback is on course. A couple of months short of full fitness at this stage, he looks set for a strong race in the World Cup 50km in May.

This was of course a big trial with some obvious outcomes. Luke Adams earned automatic Commonwealth Games selection and joins Jared who had been preselected already. Chris Erickson and Adam Rutter both have Commonwealth Games A qualifiers under their belts and Nathan is on the comeback trail so the third spot will be eventually given to one of them so Chris's strong walk on Saturday has certainly not done his chances any harm. Talk about a tough decision for the selectors!

It was also a World Cup 20km selection trial and Ian Rayson bettered the 1:28:00 qualifying standard so he is likely to be added to the World Cup 20km team, along with Adam Rutter who is an automatic selection as a Berlin team member. Brendon Reading was just outside the qualifying mark with 1:28:08 but hopefully the selectors will use their discretion to add him in to make a basic team of three.

### Australian Men Open 20km Championship

1.	Jared Tallent	VIC/AIS	1:19:15	PB – 0:26
2.	Luke Adams	NSW/AIS	1:22:07	
3.	Ato Ibanez	SWE	1:23:30	PB – 3:03
4.	Chris Erickson	VIC/AIS	1:23:37	
5.	Isamu Fujisawa	JPN	1:25:13	
6.	Yuki Yamazaki	JPN	1:27:12	
7.	Ian Rayson	NSW	1:27:53	
8.	Brendon Reading	ACT	1:28:08	PB – 2:06
9.	Tom Barnes	VIC	1:33:06	
10.	Derek Mulhearn	NSW	1:33:34	PB – 5:01
11.	Duane Cousins	VIC	1:35:08	
12.	Quentin Rew	NZL	1:35:16	
13.	Scott Nelson	NZL	1:39:16	
14.	Daniel Payne	VIC	1:43:41	

15. Darren Purcell	SA	1:45:36
16. Mike Parker	NZL	1:46:52
17. Eric Kemsley	NZL	1:52:40
18. David Sim	NZL	1:56:30
Adam Rutter	NSW/AIS	DNF
Nathan Deakes	VIC/AIS	DNF
Darren Bown	SA	DNF
David Mejia	MEX	DQ
Eder Sanchez	MEX	DQ
Adrian Herrera	MEX	DQ



**The lead group early on – Sanchez, Erickson, Adams, Tallent, Rutter and Deakes  
The eventual first 3 Australians – Jared Tallent, Luke Adams and Chris Erickson**

The women's race was a close one for the first half with **Claire Tallent, Cheryl Webb, Jillian Hosking** and **Kellie Wapshott** walking together, the first 10km being passed in a little over 46 mins. Eventually, Kellie fell off the pace with Jillian following suite soon afterwards, leaving Claire and Cheryl to fight out the finish. Claire kept applying the pressure and eventually Cheryl also fell behind, leaving the way open for a Tallent double. For Kellie in particular, this was a big race, her first serious outing since the 2008 Olympics, and she performed well.

All four girls broke the World Cup qualifying standard of 1:36:00 so should be selected in the World Cup team. Claire and Cheryl both broke the Commonwealth Games A standard of 1:34:00, thus securing berths for Delhi. With Jess Rothwell, also a Commonwealth Games A qualifier, out injured at the moment but hoping to come back in the next month or so, there may be one final spot left in each team for her but it depends on what the selectors have to say. We will wait to see how it all pans out.

**Nicole Fagan** had been expected by many of us to also be in the final mix but stomach problems ruined her chances and she was restricted to a time of 1:41:35. She was devastated after the race but can hopefully bounce back. **Megan Szirom**, the only other Commonwealth Games A qualifier, struggled early on and was forced to retire. Unfortunately a series of niggling issues had stopped Megan from reaching full fitness for this all important race.

#### **Australian Women Open 20km Championship and IAAF Category C Racewalking Challenge Event**

1.	Claire Tallent	SA/AIS	1:32:40	
2.	Cheryl Webb	NSW	1:33:28	
3.	Jillian Hosking	ACT	1:34:13	PB – 3:23
4.	Kellie Wapshott	VIC/AIS	1:35:23	
5.	Nicole Fagan	NSW	1:41:35	PB – 9:05
6.	Kate Newitt	NZL	1:47:52	PB – 0:57
7.	Rosie Robinson	NZL	1:51:24	
8.	Lauren Bourke	NSW	1:55:35	
9.	Alana Barber	NZL	1:58:58	
10.	Tamara Attard	VIC	2:02:57	
11.	Kelly Mabbett	NZL	2:05:26	
12.	Caitlin Brunton	VIC	2:11:53	PB - 1:51
	Beki Lee	NSW	DQ	
	Megan Szirom	SA	DNF	



**Claire Tallent, Cheryl Webb, Jillian Hosking and Kelly Wapshott**

The 20km race also included the annual Australian Under 23 20km championships with places decided as follows.

**Australian Men U23 20km Championship**

1.	Ian Rayson	NSW	1:27:53
2.	Brendon Reading	ACT	1:28:08
3.	Derek Mulhearn	NSW	1:33:34
4.	Daniel Payne	VIC	1:43:41

**Australian Women U23 Australian Championship and IAAF Category C Racewalking Challenge Event**

1.	Nicole Fagan	NSW	1:41:35	
2.	Kate Newitt	NZL	1:47:52	
3.	Rosie Robinson	NZL	1:51:24	
4.	Lauren Bourke	NSW	1:55:35	Second Australian
5.	Alana Barber	NZL	1:58:58	
6.	Tamara Attard	VIC	2:02:57	Third Australian
7.	Kelly Mabbett	NZL	2:05:26	
8.	Caitlin Brunton	VIC	2:11:53	

**Australia U23 versus New Zealand 20km Match**

The event also doubled as an Australian U23 vs New Zealand Open Match. With the New Zealanders resplendent in their national colours and with the young Australians in the green and gold, it was indeed a wonderful sight. All the NZ women were also under 23, omening well for the future of the sport in that country. Nicole Fagan, Ian Rayson, Brendon Reading and Derek Mulhearn all earned big points for us and ensured that Australia won what turned out to be quite a tight contest – 27 points to 17 points. We also presented a perpetual shield which will now be contested every 2 years – so the next contest will be in 2012.



**20 km Women**

1.	Nicole Fagan	AUS	1:41:35	7 pts
2.	Kate Newitt	NZL	1:47:52	5 pts
3.	Rosie Robinson	NZL	1:51:24	4 pts
4.	Lauren Bourke	AUS	1:55:35	3 pts
5.	Alana Barber	NZL	1:58:58	2 pts
6.	Tamara Attard	AUS	2:02:57	1 pt
7.	Kelly Mabbett	NZL	2:05:26	
8.	Caitlin Brunton	AUS	2:11:53	

**20 km Men**

1.	Ian Rayson	AUS	1:27:53	7 pts
2.	Brendon Reading	AUS	1:28:08	5 pts
3.	Derek Mulhearn	AUS	1:33:34	4 pts
4.	Quentin Rew	NZL	1:35:16	3 pts
5.	Scott Nelson	NZL	1:39:16	2 pts
6.	Daniel Payne	AUS	1:43:41	
7.	Mike Parker	NZL	1:46:52	1 pt
8.	Eric Kemsley	NZL	1:52:40	

**Final Points**

1.	Australia U23	27 pts
2.	New Zealand	17 pts

The meet also saw 10km U20 trials for the 2010 World Racewalking Cup. The results below say it all – all 11 finishers did PBs – you can't do better than that. Note that most of these walkers had spent January training at the AIS in Canberra – this just goes to show how important this summer activity is in our Junior development plan. The first 4 boys broke the 46:30 male World Cup qualifying standard and the first 3 girls broke the 50:00 female World Cup qualifying standard. Since the AA World Cup selection criteria stated:

*“The first 3 places in the Selection Trial for all 20km and 10km events will be automatically selected in the team provided they have achieved the performance standard within the AA qualifying period.”*

I think that means that the World Cup Junior Teams will now be confirmed as Regan, Beth and Paige (Women U20) and Dane, Sean and Rhydian (Men U20) and we will have full Junior teams for Mexico. The big omission from the start line was Rachel Tallent who is currently out injured. We would have expected to see her also well under the 50 min mark, such is our current depth. It's bad luck for Rachel but I am sure that other opportunities will soon pop up for her.

You will note the AIS designation after the names of Regan Lambie, Dane Bird-Smith and Sean Fitzsimons in the results below. They have all accepted scholarships in Canberra. Australia is indeed supporting its walkers to the hilt at the moment and it can only help us grow stonger. These 3 walkers led from the front with great times.

There seems to be some confusion on Dane Bird-Smith's final time. He was clocked unofficially at 42:59 but the official results show 43:17. We will have to wait on that one for a final confirmation.

**Female - Junior 10km Walks**

1.	Regan Lambie	VIC/AIS	48:12	PB – 1:26
2.	Beth Alexander	VIC	49:03	PB – 1:04
3.	Paige Hooper	SA	49:26	PB – 1:06
4.	Claire Xian	SA	51:17	PB – 1:39
5.	Amy Burren	VIC	53:30	PB – 0:11
6.	Kristie Goznik	SA	53:37	PB – 0:22

**Male - Junior 10km Walks**

1.	Dane Bird-Smith	QLD/AIS	42:59	PB – 1:48 (official time shows 43:17)
2.	Sean Fitzsimons	WA/AIS	43:32	PB – 1:38
3.	Rhydian Cowley	VIC	44:26	PB – 0:15
4.	Blake Steele	SA	44:29	PB – 0:43
5.	Jordan Mulhearn	NSW	47:56	PB – 0:42
	Brad Simpson	VIC	DQ	

**SYDNEY TRACK CLASSIC, SYDNEY OLYMPIC PARK, SATURDAY 27 FEBRUARY 2010**

Once again, the Sydney Track Classic featured 5000m walks for men and women. Only a small number of our elite walkers made the trip and they were lucky enough to get just about perfect walking conditions with the 7PM start time last Saturday evening. In the men's event, the first lap was a pedestrian 1:36 with no one willing to hit out. Luke Adams then took up the challenge, pushed the pace down and led the field through for the next couple of kms at a quicker cadence. Luke, Jared, Adam and Nathan were all together at the half way mark when Jared pounced from the back and took off, reeling off a series of sub 1:30's to split the group asunder. His final time of 18:51 could have been faster if he had wanted to push the pace earlier but I am sure he was still satisfied with the win. Luke came home like a train, recording a 3:38 last kilometre to take second with a 3 sec PB time of 18:56. Adam held on for third in a fast 19:13 while Nathan showed more glimpses of his returning form as he took 4<sup>th</sup> with a good 19:25. Dane Bird-Smith, still only 17, took 5<sup>th</sup> with an 11 sec PB time of 20:10 while fellow junior Sean Fitzsimons also took more time off his PB, coming in next with 21:13. Chris Erickson, after going with the lead group early, was forced to retire mid race, the result of a nigggle picked up soon after his 19:33 win in the Vic 5000m last week.

**Men 5000 metres Race Walk Open**

1.	Jared Tallent	AIS	18:51.39	
2.	Luke Adams	AIS	18:56.67	PB 3 secs
3.	Adam Rutter	AIS	19:13.05	
4.	Nathan Deakes	AIS	19:25.25	
5.	Dane Bird-Smith	QLD	20:10.40	PB 11 secs
6.	Sean Fitzsimons	AIS	21:13.09	PB 15 secs
7.	Brendon Reading	ACT	21:45.80	
	Chris Erickson	AIS	DNF	
	Ian Rayson	NSWIS	DQ	

The women's 5000m saw 2008 Olympian Kellie Wapshott continue her comeback with an impressive 22:05. Claire Tallent walked her usual solid race for second with 22:47 while junior Regan Lamble took third with an equal PB time of 23:15.

**Women 5000 metres Race Walk Open**

1.	Kellie Wapshott	AIS	22:05.42	
2.	Claire Tallent	AIS	22:47.29	
3.	Regan Lamble	AIS	23:15.94	equal PB
4.	Nicole Fagan	NSW	23:56.71	
	Megan Szirom	SA	DNF	

That 3 sec PB by Luke does improve his time in the All-Time Ranking list but he remains in 6<sup>th</sup> place for the time being, just behind Adam Rutter. Here is an updated list of all those Australian walkers who have broken 20:00:00 for the 5000m track walk.

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>State</b>	<b>DOB</b>	<b>Place</b>	<b>Location</b>	<b>Date</b>	<b>Age</b>
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	<b>18:56.67</b>	<b>Luke Adams</b>	N	11/10/1976	2	Sydney	30/01/2010	33
7	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
8	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
9	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hungary	05/03/1989	31
10	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27

**AUSTRALIAN U14-U20 T&F CHAMPIONSHIPS, SYDNEY, 11-14 MARCH 2010**

Our best young walkers travelled to Sydney last weekend for the Australian U14-U20 Track and Field championships, with track walks contested in all age groups. Overall, some 1500 athletes contested these championships which were finally back on the fixture after a significant break. The U14 events were removed by AA after 1999 and the U15-U18 events were removed after 2004. Now they have finally been resurrected. Of course, it is a case of giving with one hand and taking with the other as the highly popular and successful Australian Schools championships, held annually in December since 1978, are to be changed from now on to a much smaller teams based competition. This is a shame in my book as the Schools Championship have well and truly proved themselves over the years.

Overall it was good to see all the Australian States (and New Zealand) getting in on the medal act and golds being won by walkers from 5 separate States. Overall medal counts per state are shown below

VIC	3-6-4 (13)	QLD	4-3-1 ( 8)	SA	2-1-2 ( 5)	NSW	0-2-2 ( 4)
ACT	2-0-0 ( 2)	TAS	1-0-1 ( 2)	WA	0-0-2 ( 2)	NZ	0-0-1 ( 1)

**Day 1 – Thursday 11 March**

Thursday afternoon saw the U17 and U18 5000m walks contested. Kristie Gosnik and Blake Steele warmed up for the U20 10000m on Saturday with wins in their U18 events. Amy Burren and Jesse Osborne won the U17 events to complete the winners list. The number of big PBs by some of the faster walkers indicates the rapid rate of improvement of these walkers as they strive in the highly competitive Australian scene. Special mentions to Josh Dillon (1:47 PB), Ben Tesch (2:01 PB), Jessica Pickles (1:35 PB) and Alana Hewish (1:53 PB). There were probably further big PBs further down the finishing list. Brad Aiton was well on the way to a strong win in the U17 5000m when he was informed of his disqualification with around 500m to go. He was around 150m in front so can feel disappointed with the result. The small group of Victorians performed well with gold to Amy Burren, silvers to Josh Dillon, Brad Simpson and Jmara Hockley-Samon. Unfortunately Lewis Clark, who should have also been in the medal counts, was off colour and finished 7<sup>th</sup> in his event.

**Boys 5000 metre Race Walk Under 17, 4:35PM**

1.	Jesse Osborne	95	QLD	23:19.29	PB 50 secs
2.	Josh Dillon	94	VIC	24:00.03	PB 1:47
3.	Nathan Fazldad	94	NSW	24:22.86	PB 59 secs
4.	Ben Tesch	96	QLD	24:22.88	PB 2:01
5.	Steven Washburn	94	NSW	25:05.09	
6.	Corey Buckler	94	QLD	25:35.16	
7.	Lewis Clark	94	VIC	25:37.88	
8.	Elliot Hodgson	95	QLD	25:57.75	
9.	Adrian Santa Maria	94	NSW	28:32.70	
	Brad Aiton	94	QLD	DQ	

**Boys 5000 metre Race Walk Under 18, 4:35PM**

1.	Blake Steele	93	SA	21:49.66	
2.	Brad Simpson	93	VIC	24:00.19	
3.	Matthew Holcroft	94	NZL	24:21.24	
4.	Dale Hennighan	93	WA	25:40.30	PB 18 secs
5.	Dylan Sloan	93	VIC	28:19.89	
6.	Christopher Ollerenshaw	93	NSW	28:27.71	
	Cheyne Egelton	93	NSW	DNF	
	Samuel Dib	94	WA	DNF	
	Joshua Kaiser	93	VIC	DNF (was stopped 1 lap too soon)	

**Girls 5000 metre Race Walk Under 17, 6:15PM**

1.	Amy Burren	94	VIC	25:00.80	eq PB
2.	Jessica Pickles	94	QLD	25:08.91	PB 1:35
3.	Hannah Watson	94	WA	25:20.59	PB 6 secs
4.	Kirsty Klein	94	NSW	26:09.36	PB 28 secs
5.	Emma Bettiol	95	NSW	26:21.42	PB 1:28
6.	Kate Holt	96	WA	27:07.26	
7.	Breanna Brown	95	WA	27:38.61	
8.	Caitlin Campbell	94	VIC	28:18.87	
9.	Samantha Flood	94	NSW	29:19.81	
10.	Andrea Sexton	96	WA	29:37.67	
11.	Jessica Sexton	96	WA	29:55.11	
12.	Faith Bennett	94	QLD	30:32.50	

**Girls 5000 metre Race Walk Under 18, 6:15PM**

1.	Kristie Gosnik	93	SA	25:26.73	
2.	Jmara Hockley Samon	95	VIC	25:52.92	
3.	Alana Hewish	93	QLD	25:55.69	PB 1:53
4.	Dimitra Psarianos	93	NSW	25:57.72	

5.	Samara Holliday	93	SA	26:48.58	
6.	Courtney Sorensen	93	QLD	28:13.39	
7.	Jessica Callaway	95	VIC	28:46.64	big PB of many minutes
8.	Jade Dighton	93	NSW	29:40.48	
9.	Shannon Czislawski	93	QLD	31:51.10	

### Day 2 – Friday 12 March

Friday saw the U14 1500m races, back on the National scene after an 11 year absence. Caitlin Hosking burst back onto the National scene in her first big race since winning the U12 2km at the Canberra carnival last June. One of the talented Hosking family from the ACT, she walked a big PB (6:59.92) to win the girls' event ahead of Tayla Paige-Billington and Jasmine Irshad. Billy Allamby on the other hand always seems to be in the major medals at the big races and this was no exception, winning the boys' event comfortably with 7:06.74.

#### Girls 1500 metre Race Walk Under 14, 3:50PM

1.	Caitlin Hosking	97	ACT	6:59.92	PB 23 secs
2.	Tayla-Paige Billington	97	NSW	7:02.13	
3.	Jasmine Irshad	97	VIC	7:03.65	PB 5 secs
4.	Katya Martin	97	QLD	7:13.88	
5.	Kenza Benzenati	97	QLD	7:19.01	
6.	Jemima Montag	98	VIC	7:21.25	
7.	Emma Norris	97	WA	7:29.15	
8.	Piper Douglas	97	SA	7:33.50	
9.	Alina Tape	97	NSW	7:45.79	
10.	Jessie Eastwood	97	VIC	7:48.21	
11.	Emma Grand	97	NSW	7:53.02	
12.	Taryn McCaffery	97	NSW	7:55.49	
13.	Caitlin Plummer	97	NSW	7:56.69	
14.	Tahlia Hunt	98	TAS	7:57.95	
15.	Jade Sanders	97	VIC	7:59.34	
16.	Bryony Beasley	97	NSW	8:17.97	
17.	Adriana Shina	97	NSW	8:21.81	
	Raqeema Evans	97	WA	DQ	
	Jemma Brown	97	WA	DQ	

#### Boys 1500 metre Race Walk Under 14, 3:50PM

1.	Billy Allamby	97	VIC	7:06.74	
2.	Johnathon Anestoudis	97	NSW	7:20.45	
3.	Louis Rose	97	TAS	7:51.00	
4.	Adam Mylonas	97	NSW	7:56.58	
5.	Adam Garganis	97	VIC	8:20.41	
6.	Jake Andrews	97	WA	8:57.49	
	Daniel Ison	98	NSW	DQ	

Wrapping up the day's events were the Under 20 10000m race walks. Providing encouraging signs of Australia's continuing strength in the sport, winners Regan Lamble (48:21.71) and Dane Bird-Smith (43:16.93) and silver medallists Paige Hooper (49:12.58) and Rhydian Cowley (43:22.47) were all under the World Junior qualifying standard and probably just earned up World Junior berths. The boys' race was especially interesting with Dane and Sean Fitzsimons both sitting back and forcing Rhydian Cowley (the only one of the three top boys without a WJ qualifier) to make the pace. Rhydian was up to the task and led them through the first 5km in around 21:25. With Sean being advised of his disqualification in the last few laps, that left Rhydian and Dane well out in front and it was just a case of who would prove the faster in the last laps. As expected, it was Dane, who equaled his road time from Hobart last month. Rhydian improved on his Hobart PB by over 1 minute, walking perhaps the race of the meet. Beth Alexander (50:30.77) and Blake Steele (45:00.49) showcased the depth of Junior walking in Australia with their strong third placings.

#### Girls 10000 metre Race Walk Under 20, 7:10PM

1.	Regan Lamble	91	VIC	48:21.71	
2.	Paige Hooper	92	SA	49:12.58	PB 14 secs
3.	Beth Alexander	92	VIC	50:30.77	
4.	Claire Xian	91	SA	50:58.92	PB 19 secs
5.	Kristie Goznic	93	SA	54:13.62	

#### Boys 10000 metre Race Walk Under 20, 7:10PM

1.	Dane Bird-Smith	92	QLD	43:16.93	eq PB
2.	Rhydian Cowley	91	VIC	43:22.47	PB 1:04
3.	Blake Steele	93	SA	45:00.49	
4.	Jordan Mulhearn	92	NSW	47:02.81	PB 6 secs
5.	Steven Washburn	94	NSW	49:28.28	PB
6.	Brandon Dewar	92	QLD	49:47.88	PB 5:57
7.	Filip Cosic	92	VIC	56:26.07	PB 1:03
8.	Samuel Dib	94	WA	DNF	

9.	Daniel Lord	91	NZL	DQ
	Sean Fitzsimons	92	WA	DQ

One final race was held on Day 2. Victorian walker Joshua Kaiser had been a shattered walker after Day 1 of the Championships. When officials had miscounted his laps in the U18 5000m walk and ushered him off the track a lap early. When this was eventually discovered, there was no alternative but to designate him as a DNF. Athletics Australia, acknowledging the error, generously agreed to stage an Invitational 5km race, alongside the U20 10,000m championship the next day. Josh duly raced and was rewarded with a 89 second PB time of 26:28.

#### Under 18 5000m Invitation Walk

1.	Joshua Kaiser	93	VIC	26:28.00	PB 89 secs
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#### Day 3 – Saturday 13 March

Saturday saw the remaining U15 and U16 3000m walks contested. In the boys' events, Queenslanders Ben Tesch and Jesse Osborne repeated their golds from Hobart, recording excellent times of 14:03.91 and 13:30.70 respectively. Special mention to Billy Allamby who jumped up from his U14 gold on Friday and snared silver in the U15 event with a PB performance. Victorians Connor McShanag and Ryan Antidormi snares bronzes with their own PBs to ensure that the medals were an exclusive QLD-VIC affair. In the girls' events, Sophie Eberhardt scored a big breakthrough win in the U15 3000m, beating quality opposition in Kenza Benzenati and Jemma Potezny. Unfortunately Stephanie George of Victoria was off the pace and finished out of medal contention. In the U16 girls' event, Elizabeth Hosking of ACT and Jmara Hockley-Samon of Victoria had another great battle and, like in Hobart, it was Elizabeth who won out, the girls doing PBs of 14:21.55 and 14:23.92. But Jmara won't be too disappointed as it was a second silver for her after her great walk in the U18 5000m two days previously. Amy Bettiol of NSW showed that she is getting back into good racing shape with a very strong third place time of 14:30.18. There were PBs galore in these races, indicating the good conditions weather wise.

#### Boys 3000 metre Race Walk Under 15, 6:10PM

1.	Ben Tesch	96	QLD	14:03.91	
2.	Billy Allamby	97	VIC	14:57.50	PB 5 secs
3.	Connor McShanag	96	VIC	15:18.64	PB 20 secs
4.	Jason Dredge	96	NSW	15:31.63	PB 46 secs
5.	Ethan-Lee Nolan	96	WA	15:35.26	
6.	Robert Murphy	96	NSW	16:19.72	
7.	Matthew Oswald	96	NSW	16:29.55	
8.	Louis Rose	97	TAS	16:32.29	
9.	Mitchell Walker	96	TAS	17:19.24	
	Nathanael Dib	96	WA	DQ	

#### Boys 3000 metre Race Walk Under 16, 6:10PM

1.	Jesse Osborne	95	QLD	13:30.70	
2.	Elliot Hodgson	95	QLD	14:03.76	PB 2 secs
3.	Ryan Antidormi	95	VIC	14:22.33	PB 12 secs
4.	Kurtis Birch-Ward	95	NSW	14:31.22	
5.	Jay Felton	95	NSW	15:02.96	
	Harry Bates	95	ACT	DQ	

#### Girls 3000 metre Race Walk Under 15, 6:50PM

1.	Sophie Eberhardt	96	TAS	15:05.11	PB 72 secs
2.	Kenza Benzenati	97	QLD	15:11.69	PB 28 secs
3.	Jemma Potezny	96	SA	15:20.32	PB 11 secs
4.	Kate Holt	96	WA	15:20.34	PB 4 secs
5.	Stephanie George	96	VIC	15:35.80	
6.	Amy Morssinkhof	96	QLD	15:36.06	
7.	Amanda Barendregt	96	NSW	15:44.59	
8.	Raqeema Evans	97	WA	15:51.22	
9.	Jasmine Dighton	96	NSW	15:51.71	
10.	Carla Elias	96	NSW	16:06.38	
11.	Brooke Barritt	96	WA	16:14.08	
12.	Andrea Sexton	96	WA	16:18.80	
13.	Emma Walker	96	TAS	16:46.30	
14.	Billie Whitelaw	96	VIC	16:48.38	
15.	Rachelle Taylor	96	TAS	17:31.67	
16.	Tess Carroll	96	QLD	18:03.60	
	Jessica Sexton	96	WA	DNF	
	Piper Douglas	97	SA	DQ	

#### Girls 3000 metre Race Walk Under 16, 6:50PM

1.	Elizabeth Hosking	95	ACT	14:21.55	PB 4 secs
2.	Jmara Hockley Samon	95	VIC	14:23.92	PB 8 secs
3.	Amy Bettiol	95	NSW	14:30.18	PB 28 secs

4.	Amelia Finnegan	95	VIC	14:41.20
5.	Breanna Brown	95	WA	15:22.82
6.	Hannah Denney	95	NSW	15:29.02
7.	Bianca Attard	95	VIC	15:40.61
8.	Ebony Whiley	95	VIC	16:12.12
9.	Amanda Heard	95	VIC	16:13.59
10.	Jessica Callaway	95	VIC	16:22.28
11.	Emily Warden	95	NSW	16:23.45
12.	Isabella Shina	95	NSW	16:48.29
	Shay Southern	95	NSW	DQ

#### Day 4 – Sunday 14 March

And finally to Sunday when Dane Bird-Smith fronted in the super strong Queensland Under 20 4x400m relay team, helping them to win as expected in a very fast 3:12.44. Not a bad double for the young Queensland walker!

#### Boys 4x400 metre Relay Under 20

1.	QLD	Matthew Bailey 92, Dane Bird-Smith 92, Kuey Diew 93, Tom Gamble 91	3:12.44
2.	NSW	Alex Pettigrew 92, Guy Lewis 91, Ozner Abdullah 93, Robert McIntyre 91	3:16.74
3.	TAS	Tyler Heron 92, Dom Anastasio 91, Chris McConnell 91, Jarred Gilroy 92	3:31.17

**AUSTRALIAN MASTERS T&F CHAMPS, PERTH, APRIL 2-5, 2010**

The Australian Masters T&F championships are held every Easter and this year it was Perth's chance to showcase this premier Masters event. Three racewalks were on offer – 1500m track, 5000m track and 10km road – and large fields participated. A number of Victorians travelled across and did well. Highlights included

- **Heather Carr's** wonderful performances in all 3 events, winning the W60 divisions by the proverbial mile and breaking the W60 World Record in the 10km road walk by over 1 minute – her time an amazing 54:12 – and the W60 World Record in the 5000m track walk by some 10 secs – her time an equally amazing 26:29.26
- **Gwen Steed (W65), Mark Donahoo (M50) and Col Silcock-Delaney (M75)** who each took 3 golds from 3 races in dominant performances
- **James Seid-Christmass (M40)** who took 3 golds and walked his first ever 10km, recording the excellent time of 53:50
- **Pam Tindal (W50)** beating Lyn Ventris in W50 1500m and then chasing her all the way in the other two walks for a total of 1 gold and 2 silvers
- **Annette Major (W45), Justi Roseman (W30), Kylie Irshad (W35) and Andrew Jamieson (M60)** who each scored 2 golds from two events
- **Nardene Hammond (W35)** scoring 1 gold and 2 silvers in comeback mode after the birth of her second child. Go Nardene!
- **Donna Elms (W45)** who also took 1 gold and 2 silvers – I know that she will be pleased as punch with that outcome.
- **Paul Rance (M50)** who took 2 silvers in a rare appearance on the track – in pretty good times!
- **Russ Dickenson (M60)** who took 2 bronzes in the toughest division of all - M60
- **Geoff Major (M70)** who took two bronzes and walked his usual tough races
- Former Victorian **Stan Jones (M80)** who took three silvers at age 84! Stan now lives in WA but we don't hold it against him!

The walk results are shown below. If you want to look at results from other events, the full result set can be sourced from the Athletics WA website: [http://www.waathletics.org.au/index.php?option=com\\_content&view=article&id=214&Itemid=215](http://www.waathletics.org.au/index.php?option=com_content&view=article&id=214&Itemid=215)

**1500m Track Walks, Friday 2 April 2010**

W30	1	Roseman, Justi	W34	Victorian Master	7:58.30
W35	1	Irshad, Kylie	W38	Victorian Master	6:54.84
	2	Hammond, Nardene	W37	Victorian Master	8:00.96
W40	1	Adams, Oly	W42	Overseas	8:14.65
	2	Stigwood, Rose	W42	SA Masters Athle	10:49.32
W45	1	Major, Annette	W47	Victorian Master	8:06.89
	2	Elms, Donna-Marie	W48	Victorian Master	8:27.03
	--	Gore, Sue	W47	Nsw Masters Athl	DQ
W50	1	Tindal, Pam	W50	Victorian Master	7:04.54
	2	Ventris, Lynette	W53	Masters Athletic	7:13.55
	3	Edwards-Whitley, Kerrie	W53	Masters Athletic	10:48.75
W55	1	Lloyd, Nancy	W56	Nsw Masters Athl	10:09.15
	2	Booth, Chris	W57	Act Veterans Ath	12:23.02
W60	1	Carr, Heather	W60	Victorian Master	7:21.20
	2	Ladwig, Sarah	W60	Masters Athletic	9:46.40
	3	Thomas, Trish	W64	Act Veterans Ath	13:02.23
W65	1	Steed, Gwen	W67	Victorian Master	8:47.79
	2	Schickert, Lynne	W68	Masters Athletic	10:23.77
	3	Kenyon, Judy	W69	Nsw Masters Athl	10:32.56
	4	Rogers, Jill	W65	SA Masters Athle	11:17.65
W70	1	Flanders, Maggie	W73	Masters Athletic	13:49.71
W75	1	Byers, Sylvia	W75	Masters Athletic	10:57.92
	2	Medcalf, Noela	W75	Masters Athletic	12:18.89
W80	1	Lauchlan, Lorna	W80	Masters Athletic	11:55.36
M40	1	Seid-Christmass, James	M42	Victorian Master	6:44.97
	2	Smyth, David	M40	Masters Athletic	7:53.26
M45	1	Hastie, Garry	M48	Masters Athletic	7:36.88
M50	1	Donahoo, Mark	M51	Victorian Master	6:46.66
	2	Rance, Paul	M51	Victorian Master	7:22.00
	3	Lenane, Tom	M53	Masters Athletic	8:57.36
M55	1	Whitley, Allen	M58	Masters Athletic	9:45.47
	2	Membrey, Harold	M58	Masters Athletic	9:54.07
M60	1	White, George	M64	SA Masters Athle	8:09.14
	2	Wilson, Bruce	M64	Masters Athletic	8:56.74
	3	Cornish, Bruce	M61	Masters Athletic	9:05.72
	4	Kennelly, Robert	M60	Act Veterans Ath	12:40.35
M65	1	Whyte, Robin	M68	Act Veterans Ath	8:39.16
	2	Harrison, Graham	M66	SA Masters Athle	9:02.58

	3	Thomas, Bryan	M68	Act Veterans Ath	9:33.78
	4	Doye, Peter	M69	Masters Athletic	9:42.60
	5	Lowe, Roger	M66	SA Masters Athle	10:36.83
M70	1	Seymon, Jim	M72	Nsw Masters Athl	8:48.30
	2	Jones, Arthur	M71	SA Masters Athle	9:16.54
	3	Major, Geoff	M73	Victorian Master	10:14.56
	4	Fergie, Bob	M74	Masters Athletic	11:42.64
M75	1	Silcock-Delaney, Colin	M77	Victorian Master	10:14.79
	2	Hall, Ray	M76	Masters Athletic	10:21.95
	3	Whittam, Jeffrey	M75	Masters Athletic	11:41.61
	--	Johnson, Ron	M77	Overseas	DQ
M80	1	Hainsworth, Colin	M80	SA Masters Athle	10:12.73
	2	Jones, Stan	M84	Masters Athletic	11:01.79
M90	1	Kennedy, Peter	M90	Masters Athletic	16:11.60

### 5000m Track Walks, Saturday 3 April 2010

Andrew Jamieson commented: *The highlight of the 5000m races was Heather's new WR. There was also a great race between Mark Donahoo, James Seid-Christmass and myself with the lead changing a lot in the race and James coming from nowhere in the last 200m to almost catch Mark on the line with me a couple of secs behind. We were all in the 24.20's. Lyn Ventris did 24.57 and Pam Tindal was not far behind her.*

In fact, **Pam's** time of **25:18.53** bettered Heather Carr's **W50 Victorian record** of 25:26. This was a World Record when Heather did it some 10 years ago but since then, Lyn Ventris has burst onto the Masters scene and been steadily re-writing the record books, first in the W45 division and now in the W50. Now Pam has joined her in the W50 division and, with her current rate of improvement, is going to be a serious contender for record honours as well. Well done Pam.

W35	1	Irshad, Kylie	W38	Victorian Master	26:53.58
	2	Hammond, Nardene	W37	Victorian Master	29:20.10
W40	1	Adams, Oly	W42	Overseas	29:27.67
	2	Stigwood, Rose	W42	SA Masters Athle	39:04.49
W45	1	Major, Annette	W47	Victorian Master	30:38.02
	2	Elms, Donna-Marie	W48	Victorian Master	30:56.32
	3	Gore, Sue	W47	Nsw Masters Athl	43:17.02
W50	1	Ventris, Lynette	W53	Masters Athletic	24:57.56
	2	Tindal, Pam	W50	Victorian Master	25:18.53
	3	King, Robin	W51	Masters Athletic	26:58.96
	4	Edwards-Whitley, Kerrie	W53	Masters Athletic	36:11.05
W55	1	Lloyd, Nancy	W56	Nsw Masters Athl	34:39.70
W60	1	Carr, Heather	W60	Victorian Master	26:29.26
W65	1	Steed, Gwen	W67	Victorian Master	30:43.83
	2	Schickert, Lynne	W68	Masters Athletic	36:49.41
	3	Rogers, Jill	W65	SA Masters Athle	39:50.28
W75	1	Byers, Sylvia	W75	Masters Athletic	38:07.90
W80	1	Lauchlan, Lorna	W80	Masters Athletic	40:13.87
M40	1	Seid-Christmass, James	M42	Victorian Master	24:24.04
	2	Smyth, David	M40	Masters Athletic	27:13.13
M45	1	Hastie, Garry	M48	Masters Athletic	25:53.13
M50	1	Donahoo, Mark	M51	Victorian Master	24:23.69
	2	Rance, Paul	M51	Victorian Master	25:29.13
	3	Lenane, Tom	M53	Masters Athletic	32:49.68
M55	1	Whitley, Allen	M58	Masters Athletic	35:18.74
M60	1	Jamieson, Andrew	M63	Victorian Master	24:26.74
	2	White, George	M64	SA Masters Athle	27:22.15
	3	Dickenson, Russ	M64	Victorian Master	27:47.56
	4	Kennelly, Robert	M60	Act Veterans Ath	46:10.24
M65	1	Whyte, Robin	M68	Act Veterans Ath	30:34.93
	2	Harrison, Graham	M66	SA Masters Athle	32:19.80
	3	Thomas, Bryan	M68	Act Veterans Ath	33:18.83
	4	Doye, Peter	M69	Masters Athletic	34:05.53
	5	Lowe, Roger	M66	SA Masters Athle	38:42.48
M70	1	Seymon, Jim	M72	Nsw Masters Athl	31:09.48
	2	Jones, Arthur	M71	SA Masters Athle	32:47.22
	3	Major, Geoff	M73	Victorian Master	38:51.84
	4	Fergie, Bob	M74	Masters Athletic	40:25.25
M75	1	Silcock-Delaney, Colin	M77	Victorian Master	35:18.77
	2	Millridge, Osmo	M78	Nsw Masters Athl	35:34.22
	3	Hall, Ray	M76	Masters Athletic	36:25.66
	4	Whittam, Jeffrey	M75	Masters Athletic	40:47.91
M80	1	Hainsworth, Colin	M80	SA Masters Athle	35:54.50

2	Jones, Stan	M84	Masters Athletic	38:18.47
3	Harrex, Stanley	M81	Tasmanian Master	41:13.89

Thanks to Lyn Jamieson for the following great photos from the 5000m races



**5000m races – Nardene Hammond and Kylie Irshad (W35), Pam Tindal, Lyn Ventris and Robin King (W50), Donna Elms, Annette Major and Sue Gore (W45) and the incomparable Heather Carr (W60)**



**5000m races – Paul Rance, Mark Donahoo and Tom Lenane (M50)**

**Three of the victorious Victorians – James Seid-Christmass (M40), Mark Donahoo (M50) and Andrew Jamieson (M60)**

**10km road walks, Sunday 4 April 2010**

W30	1	Roseman, Justi	W34	Victorian Master	1:07:46.8
W35	1	Hammond, Nardene	W37	Victorian Master	1:02:47.5
W40	1	Stigwood, Rose	W42	SA Masters Athle	1:21:24.6
W45	1	Elms, Donna-Marie	W48	Victorian Master	1:05:41.0
	2	Tillman, Annette	W49	Nsw Masters Athl	1:30:55.1
W50	1	Ventris, Lynette	W53	Masters Athletic	50:38.3
	2	Tindal, Pam	W50	Victorian Master	53:56.6
	3	Edwards-Whitley, Kerrie	W53	Masters Athletic	1:13:11.1
W55	1	Lloyd, Nancy	W56	Nsw Masters Athl	1:11:25.6
W60	1	Carr, Heather	W60	Victorian Master	54:12.0
W65	1	Steed, Gwen	W67	Victorian Master	1:04:49.2
	2	Schickert, Lynne	W68	Masters Athletic	1:15:55.3
W75	1	Byers, Sylvia	W75	Masters Athletic	1:21:12.2
W80	1	Lauchlan, Lorna	W80	Masters Athletic	1:22:18.4
M40	1	Seid-Christmass, James	M42	Victorian Master	53:50.0

	2	Smyth, David	M40	Masters Athletic	56:42.4
M45	1	Hastie, Garry	M48	Masters Athletic	51:00.9
M50	1	Donahoo, Mark	M51	Victorian Master	50:38.3
M55	1	Whitley, Allen	M58	Masters Athletic	1:12:05.9
M60	1	Jamieson, Andrew	M63	Victorian Master	50:10.6
	2	White, George	M64	SA Masters Athle	56:30.4
	3	Dickenson, Russ	M64	Victorian Master	56:40.4
M65	1	Whyte, Robin	M68	Act Veterans Ath	1:01:18.0
	2	Harrison, Graham	M66	SA Masters Athle	1:05:58.4
	3	Thomas, Bryan	M68	Act Veterans Ath	1:08:05.5
	4	Doye, Peter	M69	Masters Athletic	1:09:43.1
	5	Lowe, Roger	M66	SA Masters Athle	1:21:52.2
M70	1	Seymon, Jim	M72	Nsw Masters Athl	1:03:18.5
	2	Jones, Arthur	M71	SA Masters Athle	1:09:37.1
	3	Fergie, Bob	M74	Masters Athletic	1:20:13.6
M75	1	Silcock-Delaney, Colin	M77	Victorian Master	1:15:10.8
	2	Hall, Ray	M76	Masters Athletic	1:18:49.3
M80	1	Hainsworth, Colin	M80	SA Masters Athle	1:12:46.4
	2	Jones, Stan	M84	Masters Athletic	1:19:23.4

## AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 17-18 APRIL 2010

A total of 35 walkers and runners contested the 24 Hour weekend with the starter's gun being fired at 10AM on Saturday morning in sunny and warm conditions. As the Melbourne temperature quickly soared towards 30°C, competitors were faced with the daunting prospect of some 7 hours under full sun before any relief could be expected. Although most started conservatively, the effect was soon obvious and by 4PM, the scene was reminiscent of the final few hours on a Sunday morning rather than the 6 Hour mark of the event. When day finally gave way to night, most were able to respond but for many the damage was done and the night saw a number of key withdrawals or extended rest periods. Most were back on the track on the Sunday morning for the final few hours and a good crowd was on hand to witness the final gun sound at 10AM.

See [http://www.coburgharriers.org.au/joomla1/component/option,com\\_docman/task,doc\\_download/gid,544/Itemid,28/](http://www.coburgharriers.org.au/joomla1/component/option,com_docman/task,doc_download/gid,544/Itemid,28/) for the results of the run sections. The walk reports follow

### 24 Hour Walk Men

Peter Bennett, with a PB of 214km, was expected to be in a class of his own in the walk and so it proved. Passing the 6 Hour mark with 51.750km, he was already some 5km ahead of fellow centurion walkers Ian Valentine with 46.368km and Terry O'Neill with 45.540km. By the 12 hour mark he had covered 96.876km as against 87.768km for Ian and 81.972km for Terry. But the second half saw him slow like so many of the other competitors and his eventual winning distance of 171.968km was well below his expectations. But it was still his 9<sup>th</sup> walk in excess of 100 miles and it did allow us to see this wonderful walker for the first time at Coburg. Behind him, devastation reigned as the field imploded with experienced ultra walkers dropping by the wayside. Amongst the carnage, John Timms, better known for his running exploits, kept his eyes straight ahead and worked his way through the field, eventually finishing second with a very creditable 142.162km. Doug McKay, another walker who managed to keep going, took third with 133.983km.

1.	BENNETT, Peter	QLD	171.968 km
2.	TIMMS, John	VIC	142.162 km
3.	McKAY, Doug	VIC	133.983 km
4.	VALENTINE, Ian	QLD	119.690 km
5.	JORDAN, Steve	VIC	114.285 km
6.	COMMINS, Louis	NSW	105.126 km
7.	O'NEILL, Terry	VIC	82.111 km
8.	SKRUCANY, Rudolf	VIC	72.573 km
9.	JACK, Clarrie	VIC	30.273 km



**Peter Bennett, John Timms and Doug McKay in action**

### 24 Hour Walk Women

As in the run, only two starters toed the line in the women's 24 Hour walk, centurion walker Karyn O'Neill and former ultra running star Dawn Parris. It was Dawn who strode to an early lead, covering 42.642km in the opening 6 hours to lead Karyn by some 6km. By the 12 hour mark, she had increased her lead to 8km with a split of 79.488km. But soon after midnight, she stopped for a rest, allowing Karyn to take the lead after another couple of hours and pass the 100km mark first, thus winning the associated Racewalking Australia 100km walk championship. Dawn, now back on the track, slowly clawed the lead back as daybreak came. She then went on to win with 134.119km while Karyn took a number of breaks, content to stroll through to 121.263km.

1.	PARRIS, Dawn	VIC	134.119 km
2.	O'NEILL, Karyn	VIC	121.263 km

## AUSTRALIAN LITTLE ATHLETICS U13 CHAMPIONSHIPS, BRISBANE, SATURDAY 24 APRIL 2010

The annual Little Athletics Australian Championships were held last weekend in Brisbane. This is not a full scale championship weekend but is restricted to

- U13 Australian Teams Championships for teams of 22 athletes (usually 11 boys and 11 girls) from each State.
- U15 Australian Multi Event Championships for 4 athletes (2 boys and 2 girls) from each State.

Thus Victoria send only a small U13 team, normally consisting of those boys and girls who can score points in more than one event and our top walkers do not necessarily get the nod for the trip unless they have a second string to their bow as a distance runner or thrower or jumper. This year, we had only one of our regular walkers in the team in **Zoe Boldiston** of the Bendigo Walkers Club. The other three Victorians in the walk were multi disciplined athletes for whom the walk was their second string event. Yet, astoundingly, Victoria won both walks with Zoe and middle distance runner **Troy McGill** beating their interstate rivals. What a great effort by Zoe and Troy – well done to them both on big wins. And a special mention to coach **Elke Raselli** who gave our three non-walkers that extra coaching that enabled them all to walk so well on the big day. Well done Elke!

Gold Coast walking coach Robyn Wales sent me a brief email to comment on the races – thanks Robyn

The girls' 1500m walk could have been won by any one of 6 girls and the race was fast and furious from the start in wet conditions after a sudden downpour which had left puddles all over the track. Tayla Billington went to the lead as she had done in Hobart and Sydney and with maturity there will come a time when she is able to hold that pace. This was not the case on Saturday as gradually both Zoe and Caitlin overtook her with Kate Holt, Katya and Kenza also unable to keep the pace. Zoe gave a superb display of racewalking technique to eventually win over Caitlin who could not repeat her effort in Sydney. All girls walked slower than expected due to the wet conditions and the "interesting" way Little As selects their athletes in that all need to qualify in other events. This meant that Caitlin, Tayla and Kenza had already run 1500m that day while Katya had to leave the javelin to line up for the walk! Apparently lots of red cards were issued .

I left my notes at home so won't go into detail about the boys' race only to say that the Victorian boy who won also walked beautifully and deserved to win.

### Girls Under 13 1500 M Race Walk

1.	Boldiston, Zoe	VIC	7:01.61
2.	Hosking, Caitlin	ACT	7:07.68
3.	Billington, Tayla-Paige	NSW	7:08.82
4.	Martin, Katya	QLD	7:18.09
5.	Benzenati, Kenza	QLD	7:19.60
6.	Holt, Kate	WA	7:22.91
7.	Walker, Emma	TAS	7:59.68
8.	Sturgess, Ebony	VIC	8:23.51
9.	Burat, Rebecca	SA	8:30.16
10.	Tape, Alina	NSW	8:48.45
11.	Trewin, Carly	WA	8:49.89
12.	Sawkins, Rebekah	ACT	10:50.78
	Douglas, Piper	SA	DQ
	Jenkins, Zoe	TAS	DQ

### Boys Under 13 1500 M Race Walk

1.	McGill, Troy	VIC	7:08.36
2.	Anestoudis, Johnathan	NSW	7:14.19
3.	Cox, James	NSW	7:14.31
4.	Brown, Jayden	TAS	7:51.50
5.	Rose, Louis	TAS	8:01.82
6.	Wiseman, Angus	VIC	8:08.10
7.	Watts, Riley	QLD	8:13.05
8.	Doherty, Callum	ACT	8:55.80
9.	Slimming, Benjamin	SA	9:07.16
10.	Knight, Baxter	QLD	9:48.35
11.	Miller, Samuel	ACT	9:57.87
	Paynter, Joshua	SA	DQ
	O'Brien, David	WA	DQ
	Wright, Adeyemi	WA	DQ

## 44<sup>TH</sup> LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 13 JUNE 2010

The 44<sup>th</sup> annual Lake Burley Griffin walking carnival lived up to its reputation as Australia's best of class as we were treated to some fantastic quality walking by over 300 competitors in events ranging from Under 10 1km to Open 20 Miles. After a very frosty and cold morning, we enjoyed a warm and sunny day, our best LBG weather for many years. Thanks to the huge team who make this such a successful carnival each year.

It is always difficult to pick standout walkers but here are a few in no particular order (apologies if I missed you, it's hard!)

- **Jared Tallent (VRWC)** won the toughest event on the program, the 20 miles, for a fourth straight time before heading off to Europe to compete in the La Coruna 20km event next weekend.
- **Regan Lamble (VRWC)**, our top Australian junior walker, won the Open Women 10 miles, breaking the elusive 80 minute barrier with ease, and then backed up in the afternoon to take second place in the Open 5km event.
- **Dane Bird Smith (QRWC)** won the U20 10km and then backed up to win the U18 5km, both in top times.
- **Brad Aiton (QRWC)** took third in the U20 10km, won the U16 3km and then took third in the U18 5km – 18km in all!
- **Blake Steele (SARWC)** took third in the Open 10 mile in the morning, then took second in the U18 5km in the afternoon, narrowly losing to Dane Bird Smith.
- **Kyle Swan (VRWC)** won the U12 2km by 35 secs then backed up a few minutes later to take fourth in the U14 2km.
- **Nathan Brill (VRWC)**, only just turned 14 and in his first year of walking, took third in the U16 3km and fourth in the U18 5km a few minutes later.
- **Rachel Tallent (VRWC)** won the U18 5km and then backed up shortly afterwards for the Open 5km where she finished sixth and helped VRWC to the team gold.



**Jared Tallent, Nathan Brill, Brad Aiton and Kyle Swan in action**



**Regan Lamble, Blake Steele, Rachel Tallent and Dane Bird-Smith in action**

And, with over 80 VRWC walkers competing in a variety of events, we had our best ever Canberra result sheet, winning 30 individual medals and having 20 different teams winning medals. This is unprecedented! The VRWC honour list reads as follows:

Gold (11)	Open Men 20 Mile	Jared Tallent	2:26:55
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	Masters Men 20 Mile	Stuart Kollmorgen	3:06:07
	Open Women 10 Mile	Regan Lambie	1:19:04
	Fitness 5 Miles Men	Damien Elms	56:06
	Fitness 5 Miles Women	Chloe McNicol-Davidson	57:22
	U10 Girls 1km	Brodie Richardson	05:06
	U12 Boys 2km	Kyle Swan	09:42
	U14 Boys 2km	Cooper McShanag	09:49
	U14 Girls 2km	Jemima Montag	09:41
	U18 Girls 5km	Rachel Tallent	24:44
Silver (13)	Open Men 20 Mile	Chris Erickson	2:27:59
	Masters Women 10 Mile	Heather Carr	1:33:23
	Masters Men 10 Mile	Ralph Bennett	1:33:01
	Fitness 5 Miles Men	Jason Elms	56:06
	U20 Men 10km	Rhydian Cowley	44:01
	U10 Girls 1km	Hayley George	05:19
	U12 Boys 2km	Reese Walmsley	10:17
	U14 Boys 2km	Billy Allamby	09:53
	U16 Boys 3km	Josh Dillon	13:12
	U16 Girls 3km	Jmara Hockley-Samon	15:05
	U18 Girls 5km	Amy Burren	24:55
	Open Women 5km	Regan Lambie	23:14
Bronze (7)	Masters Women 10 Mile	Kylie Irshad	1:37:20
	Masters Men 10 Mile	Daryl Biggin	1:38:34
	U10 Girls 1km	Mikhala Hodges	05:25
	U12 Boys 2km	Cooper Owen	10:40
	U16 Boys 3km	Nathan Brill	13:16
	U16 Girls 3km	Amelia Finnegan	15:09
	U18 Girls 5km	Hilary Brazel	25:06
Team Gold (10)	Open Men 20 Mile	Jared Tallent, Chris Erickson, Stuart Kollmorgen	
	U10 Girls 1km	Brodie Richardson, Hayley George, Mikhala Hodges	
	U12 Boys 2km	Kyle Swan, Reese Walmsley, Cooper Owen	
	U14 Boys 2km	Cooper McShanag, Billy Allamby, Kyle Swan	
	U14 Girls 2km	Jemima Montag, Jasmine Irshad, Emily Hamilton	
	U16 Boys 3km	Josh Dillon, Nathan Brill, Matt Felton	
	U16 Girls 3km	Jmara Hockley-Samon, Amelia Finnegan, Cassie Raselli	
	U18 Girls 5km	Rachel Tallent, Amy Burren, Hilary Brazel	
	Open Women 5km	Regan Lambie, Beth Alexander, Rachel Tallent	
Team Silver (6)	Open Women 10 Mile	Regan Lambie, Heather Carr, Kylie Irshad	
	U10 Boys 1km	Harry Hockley-Samon, Hayden Walmsley, Ethan Wright	
	U10 Girls 1km	Brianna Lillie, Anaya Hodges, Chelsea Owen-Smith	
	U12 Girls 2km	Paige De Lisen, Shelby Kay, Mikhala Hodges	
	U16 Girls 3km	Stephanie George, Bianca Attard, Caitlin Campbell	
	U18 Boys 5km	Nathan Brill, Michael O'Mahony, Josh Dillon	
Team Bronze (4)	U10 Boys 1km	Ethan McShanag, Noah Candotti, Harley Davidson	
	U14 Boys 2km	Lucas Taylor, Jeremiah Jones, Jacob Richardson	
	U16 Boys 3km	Connor McShanag, Aaron Tam, Jeremiah Jones	
	U18 Boys 5km	Matt Felton, Joshua Kaiser, Billy Allamby	

33 of the VRWC walkers walked in two events – the list includes Billy Allamby, Bianca Attard, Nathan Brill, Caitlin Campbell, Josh Dillon, Matt Felton, Amelia Finnegan, Emily Hamilton, Jmara Hockley-Samon, Harry Hockley-Samon, Anaya Hodges, Mikhala Hodges, Jasmine Irshad, Jeremiah Jones, Shelby Kay, Regan Lambie, Katelyn Lotherington, Cody McNicol-Davidson, Jemima Montag, Shae Ohlsen, Cooper Owen, Brodie Richardson, Brad Simpson, Emma Smith, Kobie Somerfield, Kyle Swan, Rachel Tallent, Aaron Tam, Lucas Taylor, Anna Wallace, Hayden Walmsley, Reese Walmsley and Ethan Wright.

Like last year, Connor McShanag went one better and actually raced in 3 separate events – U14 2km, U16 3km and U18 5km.

The 20 mile event deserves particular attention. Robin Whyte finished his 41<sup>st</sup>, Bill Starr finished his 32<sup>nd</sup> and Duncan Knox finished his 30<sup>th</sup> – how's that for longevity. Jared Tallent won his fourth title in a row and his fifth overall while Chris Erickson added yet another silver to his LBG swag. Fellow World Cup team mate Ian Rayson was the standout improver, taking some 5 minutes off his best time to take third place – and give serious notice that he will be a strong 50km contender later this year.

And now onto the final results before a few more photos at the end.

**EVENT 1 OPEN 20 MILES**

1	1	Jared Tallent	2:26:35	VRWC
2	21	Chris Erickson	2:27:59	VRWC
3	237	Ian Rayson	2:28:13	REGAL
4	175	Darren Bown (M)	2:39:53	SARWC
5	38	Stuart Kollmorgan (M)	3:06:07	VRWC
6	257	Colin Heywood (M)	3:06:47	ACTRFWC
7	178	Peter Crump (M)	3:14:36	SARWC
8	37	Duncan Knox (M)	3:27:42	VRWC
9	266	Robin Whyte (M)	3:37:41	ACTRFWC
10	198	Bill Starr (M)	3:58:12	SARWC
11	252	Val Chesterton (FM)	4:47:54	ACTRFWC

**HANDICAP**

1	37	Duncan Knox	VRWC
2	198	Bill Starr	SARWC
3	175	Darren Bown	SARWC

**TEAMS**

1	VRWC1	25	Jared Tallent, Chris Erickson, Stuart Kollmorgan
2	SARWC1	13	Peter Crump, Darren Bown, Bill Starr
3	ACTRFWC1	9	Colin Heywood, Robin Whyte, Val Chesterton

**MASTERS TEAMS**

1	ACTRFWC1	7	Colin Heywood, Robin Whyte, Val Chesterton
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**EVENT 2 FITNESS 20 MILES****MALES**

1	307	John Harris	3:53:13	QRWC
2	341	Bryan Thomas	3:55:06	ACTRFWC
3	323	Geoff Barker	3:57:24	ACTRFWC
4	337	Derek Robinson	4:09:01	ACTRFWC
5	329	Pat Fisher	4:25:39	ACTRFWC
6	311	George Megas	4:33:37	QRWC
7	333	Peter Hogan	4:40:00	ACTRFWC

**FEMALES**

1	340	Monika Short	3:56:09	ACTRFWC
2	324	Julie Bell	4:40:00	ACTRFWC

**OLDEST FINISHER**

337 Derek Robinson

**EVENT 3 AACT WOMENS & MENS 30 KM CHAMPIONSHIP**

1	1	Jared Tallent	2:17:21	VRWC
2	21	Chris Erickson	2:17:45	VRWC
3	175	Darren Bown	2:28:46	SARWC
4	178	Peter Crump	3:01:18	SARWC
5	266	Robin Whyte	3:21:56	ACTRFWC

**EVENT 4 OPEN WOMENS 10 MILES**

1	39	Regan Lamble	1:19:04	VRWC
2	190	Paige Hooper	1:24:07	SARWC
3	217	Lynette Ventris (M)	1:25:59	WARWC
4	225	Vanessa Ebejer	1:32:46	REGAL
5	230	Chloe Jones	1:32:46	REGAL
6	231	Susan Knapton	1:32:46	REGAL
7	15	Heather Carr (M)	1:33:23	VRWC
8	115	Shannon Jennings	1:34:52	NSWRWC
9	104	Jillian Bonham	1:35:55	NSWRWC
10	33	Kylie Irshad (M)	1:37:20	VRWC
11	199	Allegra Steele	1:38:02	SARWC
12	162	Mary Willis (M)	1:42:33	NSWRWC
13	241	Maryanne Shaw (M)	1:42:53	REGAL
14	62	Emma Smith	1:46:16	VRWC
15	71	Anna Wallace	1:47:02	VRWC
16	92	Kay Shaw (M)	1:48:02	QRWC
17	222	Suzanne Brown (M)	1:51:16	REGAL
18	83	Sally Lynch (M)	1:51:47	QRWC

19	93	Lynda Woodward (M)	1:51:47	QRWC
20	20	Donna-Marie Elms (M)	1:53:15	VRWC
21	224	Charlene Ebejer	1:57:21	REGAL
22	232	Nancy Lloyd (M)	2:00:49	REGAL
23	242	Jodie Sundstrom (M)	2:06:11	REGAL
24	86	Noela McKinven (M)	2:13:12	QRWC

#### HANDICAP

1	242	Jodie Sundstrom	REGAL
2	231	Susan Knapton	REGAL
3	232	Nancy Lloyd	REGAL

#### TEAMS

1	REGAL1	48	Vanessa Ebejer, Chloe Jones, Susan Knapton
2	VRWC1	44	Regan Lambie, Heather Carr, Kylie Irshad
3	NSWRWC1	35	Shannon Jennings, Jillian Bonham, Mary Willis
4	VRWC2	17	Emma Smith, Anna Wallace, Donna-Marie Elms
5	REGAL2	15	Maryanne Shaw, Suzanne Brown, Charlene Ebejer
6	QRWC1	13	Kay Shaw, Sally Lynch, Lynda Woodward

#### OLDEST FINISHER

86	Noela McKinven
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#### EVENT 5 OPEN MENS 10 MILES

1	243	Troy Sundstrom	1:17:38	REGAL
2	130	Derek Mulhearn	1:18:06	NSWRWC
3	200	Blake Steele	1:18:23	SARWC
4	123	Kyle Malone	1:22:41	NSWRWC
5	61	Brad Simpson	1:28:46	VRWC
6	116	Ian Jessurun (M)	1:30:06	NSWRWC
7	4	Ralph Bennett (M)	1:33:01	VRWC
8	5	Daryl Biggin (M)	1:38:34	VRWC
9	57	Maurice Prendergast (M)	1:38:57	VRWC
10	234	Robert Osborne (M)	1:39:57	REGAL
11	154	John Thompson (M)	1:42:13	NSWRWC
12	24	Robert Gardiner (M)	1:42:24	VRWC
13	160	Robert Willcox (M)	1:46:16	NSWRWC
14	238	Jim Seymon (M)	1:46:16	REGAL
15	236	Anson Perin	1:56:57	REGAL
16	64	Harry Summers (M)	1:57:30	VRWC
	267	Sean Fitzsimmons	DNF	WARWC

#### EVENT 6 FITNESS 10 MILES

##### MALES

1	332	Rod Gilchrist	1:53:44	ACTRFWC
2	310	Bert Janes	1:59:19	QRWC
3	339	Jim Short	2:05:06	ACTRFWC
4	330	Doug Fitzgerald	2:13:45	ACTRFWC

##### FEMALES

1	320	Sandy Brunner	1:41:11	SARWC
2	336	Miriam McCarthy	2:15:30	ACTRFWC
3	338	Alice Scott	2:15:30	ACTRFWC
4	344	Anne Ións	2:18:13	ACTRFWC
5	347	Diana Marshall	2:20:01	ACTRFWC
5	347	Diana Marshall	2:20:01	ACTRFWC

#### EVENT 7 FITNESS 5 MILES

##### MALES

1	301	Damien Elms	56:06	VRWC
2	302	Jason Elms	56:06	VRWC
3	312	James Paviell	57:18	QRWC
4	348	Terry Munro	58:52	ACTRFWC
5	342	Dave Mackenzie	1:01:21	ACTRFWC
6	351	Sebastien Riou	1:18:14	QRWC
7	334	Alan Law	1:23:12	ACTRFWC

##### FEMALES

1	303	Chloe McNicol-Davidson	57:22	VRWC
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2	322	Marilyn Banfield	58:08	ACTRFWC
3	346	Lynn Williams	58:52	ACTRFWC
4	331	Jennifer Gilchrist	1:01:21	ACTRFWC
5	319	Ebony Jones	1:02:41	BRWC
6	314	Robyn Wales	1:02:54	QRWC
7	352	Des Butler	1:05:25	ACTRFWC
8	315	Judy Brown (2)	1:06:43	NSWRWC
9	349	Deborah Riou	1:08:14	QRWC
10	313	Lydia Stanhope	1:08:15	QRWC
11	343	Carmen Carlon	1:08:19	ACTRFWC
12	327	Narelle Brownette	1:08:40	ACTRFWC
13	353	Deborah Law	1:19:41	ACTRFWC
14	328	Nola de Chazal	1:19:42	ACTRFWC
15	316	Nicola Jessurun	1:32:30	NSWRWC
16	317	Mia Jessurun	1:32:30	NSWRWC
17	318	Eva Jessurun	1:32:30	NSWRWC
18	350	Angelique Riou	1:32:30	QRWC
19	304	Karen McNicol-Davidson	1:32:45	VRWC
20	309	Alison Janes	1:32:45	QRWC
21	325	Cathy Boden	1:46:01	ACTRFWC
22	335	Sue Law	1:46:01	ACTRFWC

#### EVENT 8 MENS U20 10 km

1	80	Dane Bird-Smith	43:42	QRWC
2	16	Rhydian Cowley	44:01	VRWC
3	76	Brad Aiton	48:06	QRWC
4	131	Jordan Mulhearn	48:53	NSWRWC
5	263	Michael Reading	49:44	ACTRFWC
6	157	Steven Washburn	51:40	NSWRWC
7	125	Kai Maruta	55:56	NSWRWC
8	138	James Pisani	57:19	NSWRWC
	81	Brandon Dewar	DQ	QRWC
	82	Nick Dewar	DQ	QRWC

#### HANDICAP

1	138	James Pisani	NSWRWC
2	125	Kai Maruta	NSWRWC
3	157	Steven Washburn	NSWRWC

#### TEAMS

1	NSWRWC1	7	Jordan Mulhearn, Steven Washburn, Kai Maruta
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#### EVENT 9 AACT MENS U20 10 km CHAMPIONSHIP

1	80	Dane Bird-Smith	43:42	QRWC	QLD
	81	Brandon Dewar	DQ	QRWC	QLD
	82	Nick Dewar	DW	QRWC	QLD

#### EVENT 10 OPEN SENIOR 10 km

1	193	Kim Mottrom	50:55	SARWC
2	147	Tony Psarianos	1:01:48	NSWRWC

#### EVENT 11 BOYS U10 1 km

1	79	Yanis Benzenati	05:02	QRWC
2	102	Kyle Bedford	05:07	NSWRWC
3	152	Dylan Richardson	05:08	NSWRWC
4	29	Harry Hockley-Samon	05:09	VRWC
5	140	James Plummer	05:43	NSWRWC
6	72	Hayden Walmsley	06:15	VRWC
7	74	Ethan Wright	06:21	VRWC
8	48	Ethan McShanag	06:45	VRWC
9	251	Spencer Burns	06:56	ACTRFWC
10	13	Noah Candotti	07:11	VRWC
11	17	Harley Davidson	07:33	VRWC

#### HANDICAP

1	13	Noah Candotti	VRWC
2	29	Harry Hockley-Samon	VRWC
3	48	Ethan McShanag	VRWC

**TEAMS**

1	NSWRWC1	24	Kyle Bedford, Dylan Richardson, James Plummer
2	VRWC1	16	Harry Hockley-Samon, Hayden Walmsley, Ethan Wright
3	VRWC2	6	Ethan McShanag, Noah Candotti, Harley Davidson

**EVENT 12 GIRLS U10 1 km**

1	60	Brodie Richardson	05:06	VRWC
2	25	Hayley George	05:19	VRWC
3	31	Mikhala Hodges	05:25	VRWC
4	129	Leah McDonald	05:34	NSWRWC
5	40	Brianna Lillie	05:39	VRWC
6	30	Anaya Hodges	05:39	VRWC
7	191	Rhiannon Lovegrove	05:51	SARWC
8	55	Chelsea Owen-Smith	05:55	VRWC
9	185	Kailah Hannaford	06:05	SARWC
10	260	Gabby Hunt	06:07	ACTRFWC
11	49	Tegan Miller	06:09	VRWC
12	51	Piper Montag	06:09	VRWC
13	194	Elsie Potezny	06:10	SARWC
14	44	Lavinia Mason	06:10	VRWC
15	206	Riona Tyler-Dowd	06:13	SARWC
16	85	Thalya Martin	06:16	QRWC
17	214	Arabella Phillips	06:18	TARWC
18	42	Katelyn Lotherington	06:22	VRWC
19	70	Lee Taylor	06:22	VRWC
20	56	Jemma Louise Peart	06:44	VRWC
21	163	Raquel Willoughby	06:55	NSWRWC
22	220	Dakota Bennett-Ward	09:07	REGAL
	145	Tiffany Poulos	DNF	NSWRWC

**HANDICAP**

1	85	Thalya Martin	QRWC
2	206	Riona Tyler-Dowd	SARWC
3	44	Lavinia Mason	VRWC

**TEAMS**

1	VRWC1	43	Brodie Richardson, Hayley George, Mikhala Hodges
2	VRWC2	32	Brianna Lillie, Anaya Hodges, Chelsea Owen-Smith
3	SARWC1	23	Rhiannon Lovegrove, Kailah Hannaford, Elsie Potezny
4	VRWC3	17	Tegan Miller, Piper Montag, Lavinia Mason
5	VRWC4	6	Katelyn Lotherington, Lee Taylor, Jemma Louise Peart

**EVENT 13 BOYS U12 2 km**

1	66	Kyle Swan	09:42	VRWC
2	73	Reese Walmsley	10:17	VRWC
3	54	Cooper Owen	10:40	VRWC
4	250	Callum Burns	10:59	ACTRFWC
5	87	Trent Miles	11:03	QRWC
6	136	Declan O'Connell	11:04	NSWRWC
7	156	Benjamin Tisdale	11:10	NSWRWC
8	186	Alix Harlington	11:13	SARWC
9	102	Kyle Bedford	11:16	NSWRWC
10	29	Harry Hockley-Samon	11:35	VRWC
11	155	Lewis Thompson	11:41	NSWRWC
12	132	Michael Murphy	11:58	NSWRWC
13	233	Karl Osborne	12:21	REGAL
14	14	Samuel Candotti	12:30	VRWC
15	99	Travis Barendregt	12:33	NSWRWC
16	152	Dylan Richardson	12:44	NSWRWC
17	72	Hayden Walmsley	13:40	VRWC
	79	Yanis Benzenati	DQ	QRWC
	228	Jordan Glover	DQ	REGAL

**HANDICAP**

1	29	Harry Hockley-Samon	VRWC
2	233	Karl Osborne	REGAL
3	14	Samuel Candotti	VRWC

**TEAMS**

1	VRWC1	34	Kyle Swan, Reese Walmsley, Cooper Owen
2	NSWRWC1	24	Declan O'Connell, Benjamin Tisdale, Kyle Bedford
3	NSWRWC2	11	Lewis Thompson, Michael Murphy, Travis Barendregt
4	VRWC2	10	Harry Hockley-Samon, Samuel Candotti, Hayden Walmsley

#### EVENT 14 GIRLS U12 2 km

1	128	Jasmyn McDonald	10:02	NSWRWC
2	213	Tahlia Hunt	10:23	TARWC
3	166	Edlin Charlotte	10:42	BRWC
4	94	Micaela Woodward	11:01	QRWC
5	18	Paige De Lisen	11:15	VRWC
6	36	Shelby Kay	11:23	VRWC
7	204	Isabelle Tucker	11:30	SARWC
8	144	Elleni Poulos	11:48	NSWRWC
9	112	Brooke Ferguson	11:56	NSWRWC
9	112	Brooke Ferguson	11:56	NSWRWC
10	31	Mikhala Hodges	12:05	VRWC
11	245	Kara Baker	12:18	ACTRFWC
12	41	Jessica Lillie	12:26	VRWC
13	164	Kaylah Willoughby	12:38	NSWRWC
14	137	Tyler Philpott	12:58	NSWRWC
15	113	Ally Grujoski	13:06	NSWRWC
16	161	Mascey Willis	13:09	NSWRWC
17	185	Kailah Hannaford	13:34	SARWC
18	151	Kimberly Redzic	13:37	NSWRWC
19	191	Rhiannon Lovegrove	13:50	SARWC
20	256	Molly Halpin	13:51	ACTRFWC
21	183	Michaela Goodman	13:58	SARWC
22	42	Katelyn Lotherington	14:09	VRWC
23	194	Elsie Potezny	14:24	SARWC
24	206	Riona Tyler-Dowd	14:26	SARWC
25	30	Anaya Hodges	14:44	VRWC
26	212	Sarah Guy	15:04	TARWC
27	85	Thalya Martin	16:06	QRWC
28	101	Molly Beasley	16:25	NSWRWC
	60	Brodie Richardson	DNF	VRWC
	216	Jemma Smith	DQ	TARWC

#### HANDICAP

1	206	Riona Tyler-Dowd	SARWC
2	101	Molly Beasley	NSWRWC
3	31	Mikhala Hodges	VRWC

#### TEAMS

1	NSWRWC1	55	Jasmyn McDonald, Elleni Poulos, Brooke Ferguson
2	VRWC1	54	Paige De Lisen, Shelby Kay, Mikhala Hodges
3	NSWRWC2	36	Kaylah Willoughby, Tyler Philpott, Ally Grujoski
4	SARWC1	34	Isabelle Tucker, Kailah Hannaford, Rhiannon Lovegrove
5	NSWRWC3	21	Ally Grujoski, Mascey Willis, Kimberly Redzic
6	VRWC2	19	Jessica Lillie, Katelyn Lotherington, Anaya Hodges
7	SARWC2	13	Michaela Goodman, Elsie Potezny, Riona Tyler-Dowd

#### EVENT 15 BOYS U14 2 km

1	47	Connor McShanag	09:49	VRWC
2	2	Billy Allamby	09:53	VRWC
3	117	Tyler Jones	09:57	NSWRWC
4	66	Kyle Swan	10:10	VRWC
5	69	Lucas Taylor	10:15	VRWC
6	235	Matthew Oswald	10:22	REGAL
7	133	Robert Murphy	10:26	NSWRWC
8	170	Dane Heiden	10:27	BRWC
9	215	Louis Rose	10:28	TARWC
10	34	Jeremiah Jones	10:29	VRWC
11	109	Tom Doyle	10:38	NSWRWC
12	59	Jacob Richardson	10:51	VRWC
13	207	Lachlan Tyler-Dowd	11:06	SARWC
14	124	Kyle Marshall	11:11	NSWRWC
15	73	Reese Walmsley	11:45	VRWC
16	253	Callum Doherty	11:57	ACTRFWC

17	227	Patrick Estrada	11:57	REGAL
18	155	Lewis Thompson	12:01	NSWRWC
19	46	Cody McNicol-Davidson	12:33	VRWC
20	74	Ethan Wright	13:37	VRWC
	228	Jordan Glover	DNF	REGAL
	186	Alix Harlington	DNF	SARWC
	152	Dylan Richardson	DNF	NSWRWC
	54	Cooper Owen	DQ	VRWC

#### HANDICAP

1	74	Ethan Wright	VRWC
2	215	Louis Rose	TARWC
3	227	Patrick Estrada	REGAL

#### TEAMS

1	VRWC1	33	Connor McShanag, Billy Allamby, Kyle Swan
2	NSWRWC1	22	Tyler Jones, Robert Murphy, Tom Doyle
3	VRWC2	18	Lucas Taylor, Jeramiah Jones, Jacob Richardson
4	VRWC3	6	Reese Walmsley, Cody McNicol-Davidson, Ethan Wright

#### EVENT 16 GIRLS U14 2 km

1	50	Jemima Montag	09:41	VRWC
2	108	Jasmine Dighton	09:56	NSWRWC
3	258	Caitlin Hosking	10:00	ACTRFWC
4	32	Jasmine Irshad	10:04	VRWC
5	78	Kenza Benzenati	10:12	QRWC
6	182	Piper Douglas	10:30	SARWC
7	114	Stephanie Grujoski	10:32	NSWRWC
8	261	Zoe Hunt	10:32	ACTRFWC
9	27	Emily Hamilton	10:36	VRWC
10	139	Caitlin Plummer	10:39	NSWRWC
11	127	Tarym McCaffrey	10:51	NSWRWC
13	240	Katrina Shaw	10:53	REGAL
14	84	Katya Martin	10:54	QRWC
15	100	Bryony Beasley	10:55	NSWRWC
16	176	Rebecca Burat	10:55	SARWC
17	126	Talisha Maruta	11:00	NSWRWC
18	179	Erin Dallimore	11:07	SARWC
19	213	Tahlia Hunt	11:07	TARWC
20	94	Micaela Woodward	11:15	QRWC
21	196	Julia Motezny	11:15	SARWC
22	201	Jessica Stephens	11:22	SARWC
23	226	Natasha Estrada	11:44	REGAL
24	216	Jemma Smith	11:55	TARWC
25	65	Emily Swan	12:12	VRWC
26	204	Isabelle Tucker	12:15	SARWC
27	141	Candice Porley	12:38	NSWRWC
28	135	Bridget O'Connell	12:57	NSWRWC
29	268	Kelsey White	12:58	ACTRFWC
30	63	Cobie Somerfield	12:59	VRWC
31	52	Shae Ohlsen	13:22	VRWC
32	165	Carly Winsor	13:46	NSWRWC
33	229	Emma Grand	19:51	REGAL
	103	Tayla-paige Billington	DNF	NSWRWC
	12	Rebecca Campbell	DNF	VRWC
	210	Sophie Eberhardt	DQ	TARWC
	153	Kate Roser	DQ	NSWRWC

#### HANDICAP

1	52	Shae Ohlsen	VRWC
2	84	Katya Martin	QRWC
3	213	Tahlia Hunt	TARWC

#### TEAMS

1	VRWC1	80	Jemima Montag, Jasmine Irshad, Emily Hamilton
2	NSWRWC1	74	Jasmine Dighton, Stephanie Grujoski, Caitlin Plummer
3	QRWC1	56	Kenza Benzenati, Katya Martin, Micaela Woodward
4	ACTRFWC1	56	Caitlin Hosking, Zoe Hunt, Kelsey White
5	NSWRWC2	51	Tarym McCaffrey, Bryony Beasley, Talisha Maruta

6	SARWC1	51	Piper Douglas, Erin Dallimore, Julia Motezny
7	REGAL1	47	Emma Grand, Katrina Shaw, Natasha Estrada
8	SARWC2	20	Jessica Stephens, Isabelle Tucker, Rebecca Burat
9	VRWC2	16	Emily Swan, Cobie Somerfield, Shae Ohlsen
10	NSWRWC3	15	Candice Porley, Bridget O'Connell, Carly Winsor

#### EVENT 17 BOYS U16 3 km

1	76	Brad Aiton	13:01	QRWC
2	19	Josh Dillon	13:12	VRWC
3	7	Nathan Brill	13:16	VRWC
4	88	Jesse Osborne	13:29	QRWC
5	110	Nathan Fazldad	13:55	NSWRWC
6	22	Matt Felton	14:07	VRWC
7	246	Harry Bates	14:25	ACTRFWC
8	111	Jay Felton	14:35	NSWRWC
9	118	Matthew Killen	15:00	NSWRWC
10	47	Connor McShanag	16:20	VRWC
11	68	Aaron Tam	16:23	VRWC
12	239	Andrew Shaw	17:20	REGAL
13	34	Jeremiah Jones	17:30	VRWC
14	215	Louis Rose	17:50	TARWC
15	207	Lachlan Tyler-Dowd	17:51	SARWC
16	173	Josh Savage	17:52	BRWC
17	109	Tom Doyle	19:30	NSWRWC
18	155	Lewis Thompson	20:16	NSWRWC
19	46	Cody McNicol-Davidson	20:59	VRWC
	117	Tyler Jones	DNF	NSWRWC
	87	Trent Miles	DQ	QRWC

#### HANDICAP

1	110	Nathan Fazldad	NSWRWC
2	111	Jay Felton	NSWRWC
3	118	Matthew Killen	NSWRWC

#### TEAMS

1	VRWC1	24	Josh Dillon, Nathan Brill, Matt Felton
2	NSWRWC1	16	Nathan Fazldad, Jay Felton, Matthew Killen
3	VRWC2	6	Connor McShanag, Aaron Tam, Jeremiah Jones

#### EVENT 18 GIRLS U16 3 km

1	107	Amy Bettiol	14:54	NSWRWC
2	28	Jmara Hockley-Samon	15:05	VRWC
3	23	Ameilia Finnegan	15:09	VRWC
4	58	Cassie Raselli	15:34	VRWC
5	26	Stephanie George	15:37	VRWC
6	210	Sophie Eberhardt	15:38	TARWC
7	223	Hannah Denney	15:52	REGAL
8	3	Bianca Attard	15:53	VRWC
9	174	Ebony Whiley	15:58	BRWC
10	11	Caitlin Campbell	16:00	VRWC
11	168	Amanda Heard	16:16	BRWC
12	78	Kenza Benzenati	16:23	QRWC
13	182	Piper Douglas	16:42	SARWC
14	143	Tabitha Porley	17:08	NSWRWC
15	98	Amanda Barendregt	17:12	NSWRWC
16	261	Zoe Hunt	17:17	ACTRFWC
17	50	Jemima Montag	17:21	VRWC
18	176	Rebecca Burat	17:35	SARWC
19	196	Julia Motezny	17:41	SARWC
20	244	Chantelle Torres	17:41	REGAL
21	201	Jessica Stephens	18:00	SARWC
22	219	Stephanie Andreou	18:06	REGAL
23	100	Bryony Beasley	18:16	NSWRWC
24	211	Megan Guy	18:19	TARWC
25	89	Marybeth Paviell	18:33	QRWC
26	63	Cobie Somerfield	21:17	VRWC
27	52	Shae Ohlsen	23:01	VRWC
	84	Katya Martin	DNF	QRWC
	195	Jemma Motezny	DQ	SARWC

180	Lotta Danner	DQ	SARWC
179	Erin Dallimore	DQ	SARWC

#### HANDICAP

1	210	Sophie Eberhardt	TARWC
2	244	Chantelle Torres	REGAL
3	182	Piper Douglas	SARWC

#### TEAMS

1	VRWC1	48	Jmara Hockley-Samon, Ameilia Finnegan, Cassie Raselli
2	VRWC2	37	Stephanie George, Bianca Attard, Caitlin Campbell
3	NSWRWC1	36	Amy Bettiol, Tabitha Porley, Amanda Barendregt
4	SARWC1	21	Piper Douglas, Rebecca Burat, Julia Motezny
5	REGAL1	20	Hannah Denney, Chantelle Torres, Stephanie Andreou
6	VRWC3	10	Jemima Montag, Cobie Somerfield, Shae Ohlsen

#### EVENT 19 BOYS U18 5 km

1	80	Dane Bird-Smith	21:31	QRWC
2	200	Blake Steele	21:36	SARWC
3	76	Brad Aiton	23:19	QRWC
4	7	Nathan Brill	23:33	VRWC
5	53	Michael O'Mahony	24:37	VRWC
6	19	Josh Dillon	24:38	VRWC
7	246	Harry Bates	24:53	ACTRWC
8	88	Jesse Osborne	25:01	QRWC
9	221	Kurtis Birch-Ward	25:36	REGAL
10	118	Matthew Killen	25:43	NSWRWC
11	22	Matt Felton	26:31	VRWC
12	35	Joshua Kaiser	27:12	VRWC
13	2	Billy Allamby	27:16	VRWC
14	69	Lucas Taylor	28:37	VRWC
15	68	Aaron Tam	29:38	VRWC
16	47	Connor McShanag	31:45	VRWC
	131	Jordan Mulhearn	DNF	NSWRWC
	111	Jay Felton	DNF	NSWRWC
	110	Nathan Fazldad	DNF	NSWRWC
	109	Tom Doyle	DNF	NSWRWC
	61	Brad Simpson	DQ	VRWC

#### HANDICAP

1	221	Kurtis Birch-Ward	REGAL
2	118	Matthew Killen	NSWRWC
3	53	Michael O'Mahony	VRWC

#### TEAMS

1	QRWC1	31	Dane Bird-Smith, Brad Aiton, Jesse Osborne
2	VRWC1	27	Nathan Brill, Michael O'Mahony, Josh Dillon
3	VRWC2	15	Matt Felton, Joshua Kaiser, Billy Allamby
4	VRWC3	6	Lucas Taylor, Aaron Tam, Connor McShanag

#### EVENT 20 GIRLS U18 5 km

1	67	Rachel Tallent	24:44	VRWC
2	8	Amy Burren	24:55	VRWC
3	6	Hilary Brazel	25:06	VRWC
4	218	Hannah Watson	25:38	WARWC
5	119	Kirsty Klein	25:42	NSWRWC
6	188	Samara Holliday	25:51	SARWC
7	205	Amber Tuscharski	26:21	SARWC
8	146	Dimitra Psarianos	26:47	NSWRWC
9	195	Jemma Motezny	28:15	SARWC
10	43	Ella Mason	29:43	VRWC
11	27	Emily Hamilton	30:07	VRWC
12	197	Alison Stampke	30:54	SARWC
13	120	Sara Klein	33:02	NSWRWC
	184	Christi Goznic	DNF	SARWC
	90	Jessica Pickles	DQ	QRWC
	180	Lotta Danner	DQ	SARWC

#### HANDICAP

1	146	Dimitra Psarianos	NSWRWC
2	119	Kirsty Klein	NSWRWC
3	27	Emily Hamilton	VRWC

#### TEAMS

1	VRWC1	25	Rachel Tallent, Amy Burren, Hilary Brazel
2	SARWC1	11	Samara Holliday, Amber Tuscharski, Jemma Motezny
3	NSWRWC1	10	Kirsty Klein, Dimitra Psarianos, Sara Klein

#### EVENT 21 WOMENS 5 km

1	189	Tanya Holliday	22:56	SARWC
2	39	Regan Lamble	U20 23:14	VRWC
3	121	Beki Lee	23:44	NSWRWC
4	95	Beth Alexander	U20 24:35	VRWC
5	208	Claire Xian	U20 25:06	SARWC
6	67	Rachel Tallent	U20 25:17	VRWC
7	265	Kelly Watson	25:47	ACTRFWC
8	188	Samara Holliday	U20 26:36	SARWC
9	105	Lauren Bourke	U20 26:40	NSWRWC
10	264	Ann Staunton-Jugovic	M 26:47	ACTRFWC
11	158	Celia Waterfield	27:00	NSWRWC
12	28	Jmara Hockley-Samon	U20 27:08	VRWC
13	23	Ameilia Finnegan	U20 27:20	VRWC
14	172	Jessie Palfreyaman	27:26	BRWC
15	11	Caitlin Campbell	U20 27:29	VRWC
16	202	Steph Stigwood	U20 28:34	SARWC
17	45	Simone McInnes	U20 28:11	VRWC
18	134	Vanessa Noble	U20 29:17	NSWRWC
19	187	Gloria Holliday	M 29:19	SARWC
20	199	Allegra Steele	29:24	SARWC
21	174	Ebony Whiley	U20 29:40	BRWC
22	3	Bianca Attard	U20 29:47	VRWC
23	142	Fiona Porley	M 30:11	NSWRWC
24	248	Helena Bialecki	M 30:22	ACTRFWC
25	255	Meghann Griffin	U20 31:34	ACTRFWC
26	36	Shelby Kay	U20 32:13	VRWC
27	181	Silke Danner	M 32:27	SARWC
28	247	Jane Bates	M 32:32	ACTRFWC
29	249	Kate Black	M 32:56	ACTRFWC
30	20	Donna-Marie Elms	M 33:01	VRWC
31	177	Barbara Cain	M 33:40	SARWC
32	211	Megan Guy	U20 33:51	TARWC
33	148	Joan Purcell	M 36:26	NSWRWC
34	169	Catherine Heard	M 36:29	BRWC
35	150	Angela Redzic	M 36:44	NSWRWC
36	106	Brown Judy	M 36:54	NSWRWC
37	122	Jenny Lingley	M 39:16	NSWRWC
38	254	Edna Dundas	M 46:38	ACTRFWCC
	149	Sarah Raycanovski	DNF	NSWRWC
	203	Claire Tallent	DQ	SARWC
	192	Nicole McInnerney	U20 DQ	SARWC
	62	Emma Smith	DQ	VRWC

#### UNDER 20

1	39	Regan Lamble	23:14	VRWC
2	95	Beth Alexander	24:35	VRWC
3	208	Claire Xian	25:06	SARWC
4	67	Rachel Tallent	25:17	VRWC
5	188	Samara Holliday	26:36	SARWC
6	105	Lauren Bourke	26:40	NSWRWC
7	28	Jmara Hockley-Samon	27:08	VRWC
8	23	Ameilia Finnegan	27:20	VRWC
9	11	Caitlin Campbell	27:29	VRWC
10	202	Steph Stigwood	28:34	SARWC
11	45	Simone McInnes	28:11	VRWC
12	134	Vanessa Noble	29:17	NSWRWC
13	174	Ebony Whiley	29:40	BRWC
14	3	Bianca Attard	29:47	VRWC
15	255	Meghann Griffin	31:34	ACTRFWC

16	36	Shelby Kay	32:13	VRWC
17	211	Megan Guy	33:51	TARWC
	192	Nicole McInnerney	DQ	SARWC

#### MASTERS

1	264	Ann Staunton-Jugovic	26:47	ACTRFCW
2	187	Gloria Holliday	29:19	SARWC
3	142	Fiona Porley	30:11	NSWRWC
4	248	Helena Bialecki	30:22	ACTRFCW
5	181	Silke Danner	32:27	SARWC
6	247	Jane Bates	32:32	ACTRFCW
7	249	Kate Black	32:56	ACTRFCW
8	20	Donna-Marie Elms	33:01	VRWC
9	177	Barbara Cain	33:40	SARWC
10	148	Joan Purcell	36:26	NSWRWC
11	169	Catherine Heard	36:29	BRWC
12	150	Angela Redzic	36:44	NSWRWC
13	106	Brown Judy	36:54	NSWRWC
14	122	Jenny Lingley	39:16	NSWRWC
15	254	Edna Dundas	46:38	ACTRFCW

#### HANDICAP

1	106	Brown Judy	NSWRWC
2	36	Shelby Kay	VRWC
3	158	Celia Waterfield	NSWRWC

#### TEAMS

1	VRWC1	90	Regan Lamble, Beth Alexander, Rachel Tallent
2	SARWC1	89	Tanya Holliday, Claire Xian, Samara Holliday
3	NSWRWC1	79	Beki Lee, Lauren Bourke, Celia Waterfield
4	VRWC2	62	Jmara Hockley-Samon, Ameilia Finnegan, Caitlin Campbell
5	ACTRFCW1	61	Kelly Watson, Ann Staunton-Jugovic, Helena Bialecki
6	SARWC2	47	Steph Stigwood, Gloria Holliday, Allegra Steele
7	VRWC3	37	Simone McInnes, Bianca Attard, Shelby Kay
8	BRWC1	37	Jessie Palfreyaman, Ebony Whiley, Catherine Heard
9	NSWRWC2	32	Vanessa Noble, Fiona Porley, Joan Purcell
10	ACTRFCW2	22	Meghann Griffin, Jane Bates, Kate Black
11	NSWRWC3	6	Angela Redzic, Brown Judy, Jenny Lingley

#### MASTERS TEAMS

1	ACTRFCW1	20	Ann Staunton-Jugovic, Helena Bialecki, Jane Bates
2	SARWC1	16	Gloria Holliday, Silke Danner, Barbara Cain
3	NSWRWC1	10	Fiona Porley, Joan Purcell, Angela Redzic

And finally the progressive Brennen point scores which see VRWC leading NSWRWC.

#### BRENNEN SHIELD

Club	Tot Pts	20m	W10m	Mu20	Bu10	Gu10	Bu12	Gu12	Bu14	Gu14	Bu16	Gu16	Bu18	Gu18	W5k
VRWC	1092	88	80		79	88	88	81	87	80	87	84	81	88	81
NSWRWC	859		71	88	87		78	82	79	74	79	78		73	70
SARWC	502	73				78		72		57		68		74	80
QRWC	205		60							60			85		
REGAL	202		84							53		65			
ACTRFCW	200	74								64					62
BRWC	53														53

## AUSTRALIAN ROADWALKING CHAMPIONSHIPS, BRISBANE, SUNDAY 22 AUGUST

It was a big day at the University of Queensland at St Lucia in inner Brisbane on Sunday with Athletics Australia joining with Racewalking Australia to present the annual Australian Roadwalking Championships and RWA Second Carnival. The weather was warm (just below 20°C) and sunny but not too hot and the course had significant sections of shade to aid the walkers. The course was a bit challenging, being only 1km in total and with a tough little hill up to the top turn and with a downhill start, but the walkers showed their fitness and preparation and most mastered it well. It was only in the shorter event groups that the DQs mounted as the younger walkers, perhaps more used to walking on the flat, obviously found it challenging to handle the ups and downs and keep within the rules. Overall I would rate the day a big success on all fronts. The organisation was first class, the venue was fantastic, the weather was great and the walking was of a high standard.

This was a shared carnival with Athletics Australia awarding Australian Championship medals to the placegetters in the Open 20km and the U20, U18, U16 and U14 events and Racewalking Australia awarding medals to the placegetters in the Masters, U12 and Open Women's 10km divisions as well as medals in all the Teams Events categories. RWA also awarded Handicap Place trophies and trophies in the Invitational events so it was a big presentation ceremony at the end and probably more than half the walkers ended up being recognised and rewarded in some way.

Athletics Australia provided all the major officials and QA / QRWC provided the many additional workers required to ensure that the carnival ran smoothly. A special mention for RWA President **David Smith** who took on much of the organisational work and brought it all together so successfully on the day.

I will quote the Athletics Australia website report to kick proceedings off (see <http://www.athletics.com.au>)

### Erickson & Tallent set pace for New Delhi

Commonwealth Games nominated athletes **Chris Erickson** and **Claire Tallent** have taken out the men's and women's Open 20km road walks today, the AIS scholarship holders taking to the start line in St Lucia (Qld) for the Australian Road Walking Championships.



### Chris Erickson and Claire Tallent – dominant displays by the two Commonwealth Games representatives

Stopping the clock at 1:24:45, Erickson led from the outset, heading through the 10km mark at 41:43 before again increasing his one kilometre lap rate in the final stages to win convincingly. Entering the race in great form after a 30km road walk personal best of 2:09:00 only a fortnight ago in Victoria, Erickson was trailed across the line by Ian Rayson and Darren Bown, the pair clocking 1:26:41 and 1:32:01 respectively.

"I wanted to head out strong today and chase an IAAF A-qualifier but that didn't eventuate, my lap times were good but tapered off and the hill had more of an influence than I thought," Erickson said. "I'm pretty happy and know that now it's time for altitude training in Canberra before a race in China, Cairns for some heat training and then Delhi where I'll be disappointed not to medal."

Joining Erickson atop the dais, Tallent was dominant in the women's open 20km event taking line honours in a time of 1:33:30, almost six minutes clear of Zuzana Schindlerov (CZE) (1:39:31) who placed second and Kelly Ruddrick (1:42:32), third.

"1:33:30, I didn't realise," Tallent said. "That's another Comm. Games A-qualifier to my now growing list and that gives me confidence heading back to Canberra for some tough training ahead of the Games. Jared (Tallent) and I will head to a race in China before another solid block at the AIS training in heat chambers to acclimatise to the Delhi conditions and from there I'll be chasing a podium finish at the Games."

Despite entering the race with an injured ankle after seriously rolling it earlier this week, **Dane Bird-Smith** carried over his World Junior Championships form, taking victory in the men's Under 20 10km road walk in a time of 43:00 flat.

A top-8 finisher only last month in the 10,000m walk in Moncton, Bird-Smith battled it out with **Sean Fitzsimons** (2<sup>nd</sup>, 43:05) for the entire race, the duo changing lead on multiple occasions before Bird-Smith headed to the front once again in the final lap to win, Brad Aiton taking home the bronze medal in a time of 45:13.

“I rolled my ankle earlier in the week and wasn’t sure whether I would race until I got through the warm up this morning,” Bird-Smith said. “The pain coming out of 3km was unbelievable so I decided to sit just behind Sean (Fitzsimons) hoping that I could take him in the closing stages, the time wasn’t great but given my ankle I’m pretty happy.”

In the girl’s event across the same distance, **Beth Alexander** (50:29) was victor edging out **Kirstin Shaw** (2<sup>nd</sup>, 55:52) and **Nicole McInerney** (3<sup>rd</sup>, 1:00:28).

“I’m pretty happy with today, I wasn’t feeling great and unfortunately I didn’t have Regan (Lamble) and Paige (Hooper) to push me but the time was pretty good,” Alexander said.

Rounding out the day’s proceedings, **Brad Aiton** (43:15) (entered in two simultaneous events) and **Rachel Tallent** (25:12) took line honours in the boy’s and girl’s Under 18 event, **Nathan Brill** (22:59) and **Jmara Hockley-Samon** (25:59) won gold in the boy’s and girl’s Under 16 event and in the Under 14 boy’s and girl’s event **Tyler Jones** (14:46) and **Zoe Boldiston** (14:54) were first to cross the line.

VRWC photographer **Terry Swan** has already uploaded some 80 photos from the races to <http://vrwc.org.au/coppermine> and I will add more over the next week. I also saw **Frances Attard** hard at work with the video camera so with a bit of luck we might see the finished product at VRWC races next Saturday. As an extra bonus, the **AthsVic TV** team were also there taking lots of footage and a few interviews so we can also expect **David Armstrong** to get that online soon. Talk about resources!

In a dominant display, VRWC won 7 of the 12 Teams events on offer as well as snatching the Brennen Shield as the best RWA team performance over the two major carnivals for 2010. The trophies panned out as shown below with SARWC, NSWRC and QRWC also getting in on the act with some strong team performances.

Glover Shield	20 km Open Men (Teams)	VRWC	C Erickson, R Cowley, D Payne
Carrington Trophy	10 km Open Women (Teams)	SARWC	C Tallent, T Holliday, G Holliday
Troy Sundstrom Trophy	10 km U20 Men (Teams)	QRWC	D Bird-Smith, B Aiton, B Dewar
Jane Saville Trophy	10 km U20 Women (Teams)	VRWC	B Alexander, K Shaw, B Attard
Nathan Deakes Trophy	10 km U18 Boys (Teams)	NSWRC	S Washburn, N Fazldad, M Killen
Jacobson Trophy	5 km U18 Girls (Teams)	VRWC	R Tallent, H Brazel, C Raselli
Goble Trophy	5 km U16 Boys (Teams)	VRWC	N Brill, J Walker, C McShanag
Knight Trophy	5 km U16 Girls (Teams)	VRWC	J Hockley-Samon, S George, A Finnegan
Ron Crawford Trophy	3 km U14 Boys (Teams)	VRWC	C Owen, J Jones, C McNicol-Davidson
Deanna Rahill Trophy	3 km U14 Girls (Teams)	VRWC	J Irshad, E Hamilton, M Walker
	2 km U12 Boys (Teams)	NSWRC	D O'Connell, J Plummer, D Richardson
	2 km U12 Girls (Teams)	QRWC	M Woodward, T McCarthy-Smith, K Barker
Brennen Shield	Overall Competition Winners	VRWC	

The VRWC team was ably led by our many individual medallists

Gold	Chris Erickson	Open Men 20 km	1:24:45
	Pam Tindal	Masters Women 10km	0:55:59
	Beth Alexander	U20 Women 10km	0:50:29
	Nathan Brill	U16 Boys 5km	0:22:59
	Jmara Hockley-Samon	U16 Girls 5km	0:25:59
	Rachel Tallent	U18 Girls 5km	0:25:12
Silver	Kirstin Shaw	U20 Women 10km	0:55:52
	Georgia Bertrand	U12 Girls 2km	0:11:25
Bronze	Kelly Ruddick	U20 Women 20km	1:42:32
	Hayley George	U12 Girls 2km	0:12:06
	Hilary Brazel	U18 Girls 5km	0:26:00

PBs were hard to find on the day but they were there and some of the more outstanding ones included

**Ian Rayson** (NSWIS/REGAL) who took second in the Open 20km with a 48 sec PB time of 1:26:41  
**Sean Fitzsimons** (AIS/WARWC) who took second in the U20 10km with a 27sec PB time of 0:43:05  
**Kelly Ruddick** (VRWC) who took third in the Open 20km with an 87sec PB time of 1:42:32  
**Kirstin Shaw** (VRWC) who took second in the U20 10km with a 3 sec PB time of 0:55:02.

**Caitlin Hosking** (ACTRWC) who took second in the U14 3km in a big PB time of 0:15:08.  
**Harry Bates** (ACTRWC) who took second in the U16 5km in a 33 sec PB time of 0:24:20.  
**Elizabeth Hosking** (ACTRC) who took second in the U16 5km in a big PB time of 0:26:11  
**Sophie Eberhardt** (TAS) who took third in the U16 5km with 0:26:41, a PB by over 1 minute.

Of course, there were some key DQs that were also heartbreaking for those concerned - NZ champion **Quentin Rew** in the Open 20km walk, **Harry Hockley-Samon** (VRWC) who finished 30 secs in front in the U12 Boys 2km and **Yanis Benzenati** (QRWC) who was second to finish in that same race, **Jemma Smith** (TRWC) who was first to finish in the U12 Girls 2km, **Kyle Swan** (VRWC) who was first to finish in the U14 Boys 3km and **Kenza Benzenati** (QRWC) who was third to finish in the U14 Girls 3km. To those walkers, we offer our commiserations and we hope that you will all be back again next year to fight out the medals. No one likes to be disqualified but it is something we all experience occasionally – it is a call to work even harder on your technique and come back bigger and better.

And now onto the results. Congratulations to everyone on some great walking.

**Event 1: Men 20 km Race Walk Open, 8:00AM**

1	Chris Erickson	29	AIS/VRWC	1:24:45
2	Ian Rayson	22	REGAL	1:26:41
3	Darren Bown	36	SARWC	1:32:01
4	Rhydian Cowley	19	VRWC	1:35:47
5	Ignacio Jimenez *	45	QRWC	1:44:42
6	Daniel Payne	20	VRWC	1:46:02
7	Ian Jessurun *	43	NSWRWC	1:49:44
8	Peter Bennett *	55	QRWC	1:52:44
9	Peter Crump *	50	SARWC	1:53:56
10	Aaron McDonough	38	VRWC	1:58:57
11	Jim Seymon *	73	REGAL	2:15:40
12	Paul Lindenberg *	48	QRWC	2:20:59
	Brendon Reading	21	ACTRWC	DNF
	Derek Mulhearn	20	NSWRWC	DNS
	Mark Donahoo *	52	VRWC	DNS
	Robin Whyte *	68	ACTRWC	DQ
	Quentin Rew	26	NZL	DQ

\* These walkers, being 40+, are also eligible to contest the RWA Masters 20 km championship

RWA Masters C'Ship	1	Ignacio Jimenez *	QRWC	1:44:42
	2	Ian Jessurun *	NSWRWC	1:49:44
	3	Peter Bennett *	QRWC	1:52:44

RWA Teams Placings	1	VRWC	15	Chris Erickson, Rhydian Cowley, Daniel Payne
	2	QRWC	7	Ignacio Jimenez, Peter Bennett, Paul Lindenberg

**Event 2: Men 10 km Race Walk Under 20, 8:00AM**

1	Dane Bird-Smith	18	QRWC	0:43:00
2	Sean Fitzsimons	18	AIS/WARWC	0:43:05
3	Brad Aiton *	16	QRWC	0:45:13
4	Kyle Malone	19	NSWRWC	0:46:58
5	Jordan Mulhearn	18	NSWRWC	0:50:01
6	Brandon Dewar	18	QRWC	0:50:36
7	Steven Washburn *	16	NSWRWC	0:51:23
8	Nick Dewar	18	QRWC	0:51:37
9	Dale Hennighan *	17	WARWC	0:52:27
10	Lewis Clark *	16	VRWC	0:53:41
11	Corey Buckler *	16	QRWC	0:54:48
12	Nathan Fazldad *	16	NSWRWC	0:56:49
13	Matthew Killen *	15	NSWRWC	0:58:42
14	Matthew Gooch	18	WARWC	0:59:44
15	Cody McNicol - Davidson *	12	VRWC	1:09:32
	Lucas Taylor *	14	VRWC	DNS

\* All U18 male walkers are eligible to contest the U20 event as well as it is concurrent. This is an AA ruling.

RWA Teams Placings	1	QRWC	21	Dane Bird-Smith, Brad Aiton, Brandon Dewar
	2	NSWRWC	14	Kyle Malone, Jordan Mulhearn, Steven Washburn
	3	WARWC	11	Sean Fitzsimons, Dane Hennighan, Matthew Gooch

**Event 3: Men 10 km Race Walk Under 18, 8:00AM**

1	Brad Aiton	16	QRWC	0:45:13
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2	Steven Washburn	16	NSWRWC	0:51:23
3	Dale Hennighan	17	WARWC	0:52:27
4	Lewis Clark	16	VRWC	0:53:41
5	Corey Buckler	16	QRWC	0:54:48
6	Nathan Fazldad	16	NSWRWC	0:56:49
7	Matthew Killen	15	NSWRWC	0:58:42
8	Cody McNicol - Davidson	12	VRWC	1:09:32
	Lucas Taylor	14	VRWC	DNS

RWA Teams Placings 1 NSWRWC 7 Steven Washburn, Nathan Fazldad, Matthew Killen

**Event 4: Women 20 km Race Walk Open, 8:05AM**

1	Claire Tallent	29	AIS/SARWC	1:33:30
2	Zuzana Schindlerová	23	CZE	1:39:32
3	Kelly Ruddick	37	VRWC	1:42:32
4	Lynette Ventris	54	WARWC	1:46:27
5	Roseanne Robinson	20	NZL	1:55:06
6	Alana Barber	23	NZL	1:59:25
	Nicole Fagan	21	NSWRWC	DNF
	Cheryl Webb	34	AIS/NSWRWC	DNS

**Event 5: Women 10 km Race Walk RWA Open, 8:05AM**

	Claire Tallent #	29	AIS/SARWC	0:46:08
1	Tanya Holliday	22	SARWC	0:48:31
	Kelly Ruddick #	37	VRWC	0:48:57
	Lynette Ventris #	54	WARWC	0:51:57
2	Chloe Jones	24	REGAL	0:52:20
3	Lauren Bourke	20	NSWRWC	0:53:02
4	Vanessa Ebejer	25	REGAL	0:54:17
5	Kylie Irshad	39	VRWC	0:55:59
6	Pam Tindal *	51	VRWC	0:55:59
7	Caitlin Brunton	21	VRWC	1:01:17
8	Gloria Holliday *	50	SARWC	1:01:48
9	Vanessa Noble	18	NSWRWC	1:01:59
10	Charlene Ebejer	24	REGAL	1:04:59
11	Sally Lynch *	67	QRWC	1:07:36
12	Robyn Shaw *	49	VRWC	1:09:23
13	Lynda Woodward *	57	QRWC	1:10:04
14	Celia Johnson *	63	VRWC	1:10:17
15	Noela McKinven *	68	QRWC	1:14:18
16	Jodie Sundstrom	31	REGAL	1:15:00
	Nicole Fagan #	21	NSWRWC	DNF
	Mary Willis *	48	NSWRWC	DNF
	Cheryl Webb #	34	NSWRWC	DNS
	Joan Purcell *	69	NSWRWC	DQ
	Robyn Wales *	58	QRWC	DQ

\* These walkers, being 40+, are also eligible to contest the RWA Masters 20 km championship

# Walkers in the Open 20km event can use their 10km splits are eligible for Teams and Brennen Shield Points provided they finish their 20km event.

RWA C'Ship	1	Tanya Holliday	SARWC	0:48:31
	2	Chloe Jones	REGAL	0:52:20
	3	Lauren Bourke	NSWRWC	0:53:02

RWA Masters C'Ship	1	Pam Tindal *	VRWC	0:55:59
	2	Gloria Holliday *	SARWC	1:01:48
	3	Sally Lynch *	QRWC	1:07:36

RWA Teams Placings	1	SARWC	37	Claire Tallent, Tanya Holliday, Gloria Holliday
	2	VRWC	32	Kelly Ruddick, Kylie Irshad, Pam Tindal
	4	REGAL	29	Chloe Jones, Vanessa Ebejer, Charlene Ebejer
	5	VRWC2	14	Caitlin Brunton, Robyn Shaw, Celia Johnson
	6	QRWC	9	Sally Lynch, Lynda Woodward, Noela McKinven

**Event 6: Women 10 km Race Walk Under 20, 8:05AM**

1	Beth Alexander	18	VRWC	0:50:29
2	Kirstin Shaw	19	VRWC	0:55:52
3	Nicole McInerney	19	SARWC	1:00:28

4	Jacqueline Smith	17	WARWC	1:02:17
5	Bianca Attard	15	VRWC	1:03:59
6	Chloe Mcnicol-Davidson	14	VRWC	1:06:41
7	Yue Guo	18	QRWC	1:07:59
8	Shannon Czislawski	17	QRWC	1:12:26
	Regan Lamble	19	AIS/VRWC	DNS
	Yolanda Lovie-Toon	17	QRWC	DNS
	Claire Xian	19	SARWC	DNS
	Caitlin Campbell	16	VRWC	DNS
	Jessica MacDonald	16	QRWC	DQ

RWA Teams Placings 1 VRWC 7 Beth Alexander, Kirstin Shaw, Bianca Attard

**Event 7: Boys 2 km Race Walk RWA Under 12, 9:25AM**

1	Callum Burns	10	ACTRWC	0:10:55
2	Jordan Glover	11	REGAL	0:11:27
3	Declan O'Connell	11	NSWRWC	0:11:30
4	James Plummer	9	NSWRWC	0:11:35
5	Dylan Richardson	10	NSWRWC	0:11:37
6	Callum Haig	10	QRWC	0:14:02
	Harley Davidson	10	VRWC	DNS
	Yanis Benzenati	10	QRWC	DQ
	Ryan Pinchen	10	QRWC	DQ
	Harry Hockley Samon	10	VRWC	DQ

RWA Teams Placings 1 NSWRWC 7 Declan O'Connell, James Plummer, Dylan Richardson

**Event 8: Girls 2 km Race Walk RWA Under 12, 9:25AM**

1	Mikaela Woodward	11	QRWC	0:10:57
2	Georgia Bertrand	10	VRWC	0:11:25
3	Hayley George	10	VRWC	0:12:06
4	Taylor McCarthy Smith	10	QRWC	0:12:27
5	Mascey Willis	11	NSWRWC	0:12:28
6	Kirsty Barker	11	QRWC	0:12:30
7	Chelsea Owen-Smith	10	VRWC	0:12:35
8	Tegan Miller	9	VRWC	0:13:04
9	Ally Grujoski	11	NSWRWC	0:13:34
10	Tiffany Poullos	9	NSWRWC	0:15:34
	Jemma Smith	11	TRWC	DQ
	Arabella Phillips	9	TRWC	DNS
	Riley Sims	10	NSWRWC	DNS

RWA Teams Placings 1 QRWC 20 Micheala Woodward, Taylor McCarthy-Smith, Kirsty Barker  
2 VRWC 18 Georgia Bertrand, Hayley George, Chelsea Owen-Smith  
3 NSWRWC 8 Mascey Willis, Ally Grujoski, Tiffany Poullos

**Event 9: Men 3 km Race Walk Under 14, 9:45AM**

1	Tyler Jones	12	NSWRWC	0:14:46
2	Mitchell Lees	11	WARWC	0:15:43
3	Tom Doyle	13	NSWRWC	0:16:18
4	Cooper Owen	12	VRWC	0:17:18
5	Jeremiah Jones	13	VRWC	0:17:49
6	Brandon Pritchard	13	QRWC	0:18:00
7	Cody McNicol - Davidson	12	VRWC	0:20:15
	Trent Miles	12	QRWC	DNS
	Kyle Swan	11	VRWC	DQ

RWA Teams Placings 1 VRWC 7 Cooper Owen, Jeremiah Jones, Cody McNicol-Davidson

**Event 10: Women 3 km Race Walk Under 14, 9:45AM**

1	Zoe Boldiston	13	BRWC	0:14:54
2	Caitlin Hosking	13	ACTRWC	0:15:08
3	Zoe Hunt	13	ACTRWC	0:15:33
4	Stephanie Grujoski	13	NSWRWC	0:16:05
5	Jasmine Irshad	13	VRWC	0:16:06
6	Emily Hamilton	12	VRWC	0:16:33
7	Megan Walker	13	VRWC	0:16:33
8	Bryony Beasley	13	NSWRWC	0:16:44
9	Tahlia Hunt	12	TRWC	0:16:47

10	Katya Martin	13	QRWC	0:16:52
11	Holly Hughes	13	WARWC	0:16:53
12	Mikayla Johns	10	WARWC	0:16:59
13	Caitlin Plummer	13	NSWRWC	0:17:23
14	Elleni Poullos	12	NSWRWC	0:17:59
15	Fiona Smith	12	TRWC	0:18:15
16	Jesse Sims	13	NSWRWC	0:18:30
17	Bridget O'Connell	13	NSWRWC	0:19:48
19	Cheyenne Yates	10	WARWC	0:20:11
20	Rebecca Campbell	13	VRWC	0:20:45
21	Jessie-Claire Smith	12	QRWC	0:22:00
22	Molly Beasley	12	NSWRWC	0:26:23
	Kenza Benzenati	13	QRWC	DQ
	Jemma Brown	13	RWCWA	DQ

RWA Teams Placings	1	VRWC	30	Jasmine Irshad, Emily Hamilton, Megan Walker
	2	NSWRWC	26	Stephanie Grujoski, Bryony Beasley, Caitlin Plummer
	3	WARWC	14	Holly Hughes, Mikayla Johns, Cheyenne Yates
	4	NSWRWC2	9	Elleni Poullos, Jesse Sims, Bridget O'Connell

**Event 11: Men 5 km Race Walk Under 16, 10:05AM**

1	Nathan Brill	14	VRWC	0:22:59
2	Harry Bates	15	ACTRWC	0:24:20
3	Jesse Osborne	15	QRWC	0:24:32
4	Jay Felton	15	NSWRWC	0:24:39
5	Jared Walker	15	VRWC	0:24:56
6	Connor McShanag	14	VRWC	0:25:47
7	Kurtis Birch-Ward	15	REGAL	0:26:39
8	Matthew Killen	15	NSWRWC	0:26:53
9	Lucas Taylor	14	VRWC	0:27:02
10	Joshua Savage	15	VRWC	0:34:02
	Elliot Hodgson	15	QRWC	DQ
	Benjamin Tesch	14	QRWC	DQ

RWA Teams Placings	1	VRWC	7	Nathan Brill, Jared Walker, Connor McShanag
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**Event 12: Women 5 km Race Walk Under 16, 10:05AM**

1	Jmara Hockley Samon	15	VRWC	0:25:59
2	Elizabeth Hosking	15	ACTRWC	0:26:11
3	Sophie Eberhardt	14	TRWC	0:26:41
4	Stephanie George	14	VRWC	0:27:13
5	Amelia Finnegan	15	VRWC	0:27:21
6	Kate Holt	14	WARWC	0:27:27
7	Jasmine Dighton	14	NSWRWC	0:27:54
8	Sarah Burren	14	VRWC	0:27:57
9	Amy Morssinkhof	14	QRWC	0:28:11
10	Amanda Heard	15	VRWC	0:28:14
11	Ebony Whiley	15	VRWC	0:28:27
12	Rachel Barker	14	QRWC	0:28:45
13	Breanna Brown	15	RWCWA	0:29:20
14	Rachelle Taylor	14	TRWC	0:30:21
15	Carly Bertrand	14	VRWC	0:30:29
16	Jessica Stephens	14	SARWC	0:30:52
17	Eloise Jackson	15	QRWC	0:31:31
18	Lucy-Rose Boardman	14	NSWRWC	0:32:18
19	Marybeth Paviell	14	QRWC	0:32:20
20	Denita Gehan	14	NSWRWC	0:37:21
21	Natasha Estrada	14	REGAL	0:41:10
	Jemma Potezny	14	SARWC	DQ
	Emma Robson	14	QRWC	DNS
	Jessica Haig	14	QRWC	DNS

RWA Teams Placings	1	VRWC	34	Jmara Hockley-Samon, Stephanie George, Amelia Finnegan
	2	VRWC2	19	Sarah Burren, Amanda Heard, Ebony Whiley
	3	QRWC	14	Amy Morssinkhoff, Rachel Barker, Eloise Jackson
	4	NSWRWC	12	Jasmine Dighton, Lucy-Rose Boardman, Denita Gehan

**Event 13: Women 5 km Race Walk Under 18, 10:30AM**

1	Rachel Tallent	17	VRWC	0:25:12
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2	Hannah Watson	16	WARWC	0:25:36
3	Hilary Brazel	17	VRWC	0:26:00
4	Jessica Pickles	16	QRWC	0:26:25
5	Cassandra Raselli	16	VRWC	0:26:31
6	Kirsty Klein	16	NSWRWC	0:26:32
7	Caitlin Campbell	16	VRWC	0:32:16
8	Casey Sims	16	NSWRWC	0:34:41
9	Emily Payne	17	VRWC	0:35:50
10	Jessica Wright	16	NSWRWC	0:36:00
	Samara Holliday	17	SARWC	DNF
	Amy Burren	16	VRWC	DNF

RWA Teams Placings      1 VRWC      16 Rachel Tallent, Hilary Brazel, Caselli Raselli  
    2 NSWRWC      6 Kirsy Klein, Casey Sims, Jessica Wright

**Event 14: Invitation 5 km Race Walk, 10:30AM**

1	Brad AITON	QRWC	0:24:52
2	Carmen CARLON	ACTRWC	0:50:32
	Richard LYNCH	QRWC	DQ

**Event 15: Invitation Under 10 Girls 1km Race Walk, 11:00AM**

1	Gabby HUNT	ACTRWC	00:05:43
2	Kaycee YATES	WARWC	00:06:07
3	Thalia MARTIN	QRWC	00:06:22
4	Tiffany POULLIS	NSWRWC	00:06:58
5	Dakota BENNETT-WARD	REGAL	00:08:30
	Summer BROWN	RWCWA	DQ
	Tegan MILLER	VRWC	DQ

**Event 15: Invitation Under 10 Boys 1km Race Walk, 11:00AM**

	James PLUMMER	NSWRWC	DQ
	Dylan RICHARDSON	NSWRWC	DQ
	Declan BEASLEY	NSWRWC	DQ

**2009 VSSSA STATE TRACK AND FIELD CHAMPIONSHIPS, TUESDAY 20 OCTOBER**

The Victorian Secondary Schools' Sports Association State Track and Field Championships are always a vital leadup to the Victorian Schools Championships and the walks are normally very competitive races. This year was not exception with the cream from our State Secondary Schools battling out 1500m walks last Tuesday. The carnival which started at 10AM and finished at 7PM was a big day for both competitors and officials.

Walker of the meet had to be **Beth Alexander** who won the Girls 16-20 1500m walk in **6:46.70** and then backed up a couple of hours later to win the Girls 17 Years Old 1500m run by 5 seconds in a time of **5:08:82**. Well done to all the walkers.

<p><b>Girls 12-15 1500 Meter Race Walk</b></p> <ol style="list-style-type: none"> <li>Campbell, Caitlin Copperfield 7:48.59</li> <li>Mason, Ella Melbourne GC 7:48.98</li> <li>Tallent, Ebony Ballarat HS 7:50.73</li> <li>Guy, Rebecca Berwick 8:10.22</li> <li>Campbell, Grace Weeroona 8:21.99</li> <li>Brockenshire, Briggette Norlane 9:15.32</li> <li>McLaren, Stacey Rosehill 9:21.35</li> <li>Wilson, Natalie Bundoora 9:26.99</li> <li>Gell, Holly Ringwood 9:32.75</li> <li>Music, Svjetlana Ringwood 9:39.99</li> <li>Jones, Ebony-Jade Bendigo 9:48.98</li> <li>Mann, Stephanie Brentwood 9:50.19</li> <li>Charles, Katherine Neerim District 10:20.86</li> <li>Hedrick, Tegan Warragul 10:29.26</li> <li>Simons, Emily Canterbury DQ</li> </ol>	<p><b>Boys 12-15 1500 Meter Race Walk</b></p> <ol style="list-style-type: none"> <li>Curtis, Peter Bendigo SE 7:35.81</li> <li>Walker, Jared Lara 7:40.05</li> <li>Brunton, Chris Brentwood 7:49.63</li> <li>Gardner, Aaran Maribyrnong SC 7:53.66</li> <li>Millane, Ash Sunbury 7:57.33</li> <li>Blight, Simon Oberon 8:05.97</li> <li>Taylor, Lucas Lilydale 8:07.31</li> <li>Challis, Ryan Ringwood 8:36.94</li> <li>Savage, Josh Eaglehawk 9:24.35</li> <li>Main, Damian Warrandyte HS 9:46.38</li> <li>Benatsse, Trent Lalor 10:05.31</li> <li>Maynard, Frazer Thornbury SC 10:43.57</li> </ol>
<p><b>Girls 16-20 1500 Meter Race Walk</b></p> <ol style="list-style-type: none"> <li>Alexander, Beth Brentwood 6:46.70</li> <li>Tallent, Rachel Ballarat HS 7:06.90</li> <li>Davis, Danielle Matthew Flinders 8:13.51</li> <li>Thorne, Amy Bayswater SC 8:16.08</li> <li>McInnes, Simone Mansfield 8:39.39</li> <li>Fisher, Renee Bundoora 9:11.29</li> <li>Stewart, Bethany Strathmore HS 9:27.85</li> <li>Cowell, Jacqui St Helena 10:22.66</li> <li>Delaney, Amelia Mentone Girls S 10:45.46</li> </ol>	<p><b>Boys 16-20 1500 Meter Race Walk</b></p> <ol style="list-style-type: none"> <li>Sloan, Dylan Patterson River 7:10.43</li> <li>Walsh, Robert Mount Waverley 7:23.78</li> <li>Cosic, Filip Melbourne HS 7:28.28</li> <li>Fredericks, Brandon Brentwood 7:58.68</li> <li>Kaiser, Joshua Dromana 8:05.67</li> <li>McLaughlin, Corey Balwyn HS 8:21.56</li> <li>Evans, Rhys Lyndhurst 9:09.56</li> <li>Lylak, Kevin Frankston 9:59.36</li> </ol>

Judges: Judy Mason, Shane Bertrand, Brian Williams, Ralph Bennett

## VRWC ROAD RACES, ALBERT PARK, SUNDAY 25 OCTOBER 2009

The VRWC Summer Season kicked off with our first Sunday races at Albert Park and 37 walkers attended what turned out to be a windy morning. Unfortunately we clashed with the VLAA JDS day and the VLAA Box Hill Relays, meaning that a lot of our younger walkers were unable to come.

Rhydian Cowley was our fastest walker, flying through the 10km in 48:02 even though he was still suffering from the effects of a recent virus. Ralph Bennett walked well to take out the 15km with 1:21:59 while Pam Tindal was in great form, attacking from the start to record 25:20 for the 5km walk. James Seid-Christmass was also in good form, especially after his fast 1500m the previous day, being just outside his PB with 26:22. Some of our U15 walkers also chose to up the ante and walk the 5km – Sarah and Amy Burren and Ashley Albert. And a special mention to Georgia Gatens and Stacey McLaren who walked the 10km together. Ryan Antidormi also walked a very good U15 3km, recording 15:37 while all 4 of our U9/U12 walkers walked very well.

### Open 15km

1.	Bennett, Ralph	1:21:59
2.	Carr, Heather	1:30:01
3.	Cooper, Stuart	1:39:01

### Open 10km

1.	Cowley, Rhydian	48:02
2.	Thillaisundaram, Anand	1:04:18
3.	Beaumont, Margaret	1:19:37
E4.	Gatens, Georgia	1:21:48
E4.	McLaren, Stacey	1:21:48

### Open 5km

1.	Tindal, Pam	25:20
2.	Seid-Christmass, James	26:22
3.	Burren, Amy	27:22
4.	Brazel, Hilary	27:51
5.	Burren, Sarah	27:54
6.	Hockley-Samon, Jmara	28:24
7.	Albert, Ashley	28:50
8.	McIntyre, Gayle	28:55
9.	Armstrong, David	29:36
10.	Lucas, Alan	29:50
11.	Steed, Gwen	30:55
12.	Feldman, Liz	31:37
13.	Dickenso, Russ	31:47
14.	Elms, Donna	32:39
15.	Onley, Gordon	35:19
16.	Wicks, Barrie	35:52
17.	Davidson, Kelly	41:58

### Open 3km

1.	Laurie, Natalie	18:09
2.	Holmes, Janet	19:48
3.	Morrey, Jan	20:13
4.	Summers, Harry	20:15
5.	Stanway, Marlaine	20:51

### U15 3km

1.	Antidormi, Ryan	15:37
2.	Barbour, Beth	18:55
3.	Tremigliozi, Paul	20:10

### U12 2km

1.	Lillie, Jessica	13:32
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### U9 1km

1.	Lillie, Brianna	06:58
2.	Hockley-Samon, Harry	07:35
3.	Hockley-Samon, Tom	08:43

Judges: Peter Vysma (Chief), Lloyd Nicholls, Michael Bodey  
Officials: Tim Erickson, Harry Summers, Don McLaren, Ian Laurie  
Canteen: Joyce Summers, Marlaine Stanway

**2009 VICTORIAN SCHOOLS T&F CHAMPIONSHIPS, OLYMPIC PARK, 6-8 NOVEMBER**

Track Walk Championships were held as part of the Victorian Schools Championships on the afternoon of Saturday 7<sup>th</sup> November at Olympic Park in Melbourne. Conditions were very tough as the temperature soared into the mid thirties, signalling the start of a scorching week for Victoria. The summer is on its way!

The 3000m U15 and U16 walks were the first to kick off at 2PM and the times were quite reasonable given the unforgiving heat. Josh Dillon and Lewis Clark of Geelong took off from the start and battled the whole way, Josh eventually proved slightly stronger to finish with 14:30.14 as against Lewis' 14:37.58. A similar battle was seen in the girls' event as Amy Burren (14:59.63), Jmara Hockley-Samon (15:04.86) and Amelia Finnegan (15:18.87) staged their own contest.

**Men 3000 Meter Race Walk Under 15**

1.	Antidormi, Ryan	95	Emmaus College	15:39.60
2.	Walker, Jared	95	Lara SC	15:51.92
3.	Taylor, Lucas	96	LIL	16:25.33
4.	Gardner, Aaron	95	Maribymong College	18:48.14

**Men 3000 Meter Race Walk Under 16**

1.	Dillon, Joshua	94	St Joseph's College	14:30.14
2.	Clark, Lewis	94	CCG	14:37.58
3.	Felton, Matthew	94	Aquinas College	15:31.57
4.	Tam, Aaron	94	Glen Waverley SC	17:42.80

**Women 3000 Meter Race Walk Under 15**

1.	Hockley Samon, Jmara	95	Clonard College	15:04.86
2.	Finnegan, Amelia	95	MAT	15:18.87
3.	Whiley, Ebony	95	CCB	16:16.23
4.	Albert, Ashley	95	Killester College	16:34.06
5.	Attard, Bianca	95	Aquinas College	17:34.94
6.	Callaway, Jessica	95	MAT	17:44.41
7.	Campbell, Grace	95	WEE	18:13.62

**Women 3000 Meter Race Walk Under 16**

1.	Burren, Amy	94	Killester College	14:59.63
2.	Raselli, Cassandra	94	PLC	16:20.73
3.	Mason, Ella	94	MGC	17:08.90
4.	Tallent, Ebony	94	Ballarat HS	17:26.06
	Campbell, Caitlin	94	Copperfield College	DNF

The Boys' U14 1500m kicked off next at 4PM in even hotter conditions! Connor McShanag led from the start and had a good lead going into the final lap but Billy Allamby produced a superb last lap to overtake him and snatch gold in a PB time of 7:13.53. Connor's second placed 7:19.17 was a PB by some 20 secs. Jeremiah Jones walked a great race to take third in 7:31.11, just outside his best. A special mention for Cooper Owen, the youngest walker in the field, who produced his own big PB to take 4<sup>th</sup> with 7:40.81.

**Men 1500 Meter Race Walk Under 14**

1.	Allamby, Billy	97	KAR	7:13.53
2.	McShanag, Connor	96	St Bernards College	7:19.17
3.	Jones, Jeremiah	97	St Thereses	7:31.11
4.	Owen, Cooper	98	Watsonia Heights PS	7:40.81
5.	Heiden, Dane	97	SJP	8:04.50
6.	Garganis, Adam	97	Wales St PS	8:11.39
7.	Broadhead, Robert	96	TLC	8:21.04
	Hogan, Andrew	96	Salesian College	DNF

The Girls' U14 1500m started at 4:15PM, as soon as the Boys' event finished. It was the walk of the meet from time, depth and finish points of view. Stephanie George led out and had what looked like a winning lead at the half way mark before Sarah Burren and Zoe Baldiston clawed their way back, the three girls together at the bell. Sarah set the pace up the back straight for the final time as Stephanie held on, the two surging clear of Zoe. Then Stephanie rallied to somehow come around Sarah on the final bend and hold her out in the straight to win in 7:13.59, just over 1 second in front. Zoe was third with 7:29.18 and behind her, most of the field recorded PBs. It was a disaster zone after the race with distressed girls everywhere, the weather taking its toll, but you can't take it away from them for giving their all in what was a superb show of quality speed walking.

**Women 1500 Meter Race Walk Under 14**

1.	George, Stephanie	96	YAR	7:13.59
2.	Burren, Sarah	96	Killester College	7:15.01
3.	Baldiston, Zoe	97	St Mel's PS	7:29.18
4.	Montag, Jemima	98	Wesley College	7:33.39
5.	Stadus, Lauren	96	IGG	7:34.88
6.	Edlin, Grace	98	Spring Gully PS	7:48.15
7.	Irshad, Jasmine	97	Wantirna College	7:48.38
8.	Guy, Rebecca	96	Berwick SC	7:48.81

9.	Whitelaw, Billie	96	Dromana SC	7:49.41
10.	Sanders, Jade	97	Timbarra PS	8:01.19
11.	Walker, Megan	97	Lara PS	8:04.80
12.	Bertrand, Carly	96	Salesian College	8:05.96
13.	Plumb, Sadie	96	Wonthaggi SC	8:11.89
14.	Campbell, Rebecca	97	SYD	8:28.25
15.	Wilson, Jessey	96	CCB	8:30.86
16.	Ventura, Amy	98	Brandon Park PS	8:59.54



**Amy Burren, Stephanie George, Zoe Baldiston, Jade Sanders, Megan Walker and Carly Bertrand**



**Jemima Montag, Billy Allamby, Cooper Owen, Jeremiah Jones and Connor McShanag**

The final walks, the 5000m for U17 and U18, started at 5:30PM in what was the hottest part of the day. It amazes me that the organisers can schedule the longest and most gruelling event on the program at the hottest time of the day – it is just not fair to the competitors, not to mention a question of Health and Safety. The small group of walkers headed off together but it was Beth Alexander who soon put the foot down and stamped her authority on the field. Times were never going to be fast in that heat but she held on well to record 25:34. Brad Simpson was next in with 26:32 while Hilary Brazel walked superbly to come in next with 26:45. Rachel Tallent found the heat too oppressive and decided to live to fight another day.

**Women 5000 Meter Race Walk Under 17**

1.	Brazel, Hilary	93	Emmaus College	26:45.65
2.	Payne, Emily	93	KAI	32:31.30
	Tallent, Rachel	93	Ballarat HS	DNF

**Women 5000 Meter Race Walk Under 18**

1.	Alexander, Beth	92	Brentwood SC	25:34.67
2.	Gage, Mykaela	92	SAG	33:28.39

**Men 5000 Meter Race Walk Under 17**

1.	Simpson, Bradley	93	YAR	26:32.10
2.	O'Mahony, Michael	93	St Joseph's College	28:45.25
3.	Kaiser, Joshua	93	Dromana SC	30:51.34

## VRWC SUMMER CLUB CHAMPIONSHIPS, ALBERT PARK, SUNDAY 15 NOVEMBER 2009

The VRWC Summer Club championships were held last Sunday at Albert Park but, such is the tightly packed nature of the summer season, we had to share the weekend with Little Athletics Region Relays and AV Shield competition. Even so, 37 walkers turned out in conditions that were warm and sunny.

Andrew Jamieson (1:43:55) and Pam Tindal (55:59) took out our two senior perpetual trophies and we were lucky enough to have Heather Carr onsite to present the Heather Carr Trophy to Pam at our post-race presentations (see the photo later in the report). Natalie Laurie, looking very relaxed now that her Y12 exams have finished, won the U20 club championship (29:21). Other club champions were Jmara Hockley Samon (but only after a great battle with Amelia Finnegan, both girls doing big PBs of 14:36 and 14:39), Paul Tremigliozi (a big PB of 19:40), Kyle Swan, Gabriella Crea and Noah Candotti.

### VRWC 20 KM OPEN MEN CLUB CHAMPIONSHIP – GUS THEOBOLD TROPHY

1.	Jamieson, Andrew	50:11	1:43:45	
2.	O'Neill, Terry	59:12	2:00:52	
	Skrucany, Rudolf	1:23:08	DNF	14km in 1:58:28

### VRWC 10 KM MASTERS WOMEN CLUB CHAMPIONSHIP – HEATHER CARR TROPHY

1.	Tindal, Pam	55:59	
2.	McIntyre, Gayle	59:23	
3.	Carr, Heather	59:23	
4.	Elms, Donna	1:08:17	
5.	Beaumont, Heather	1:22:01	

### VRWC 5KM U20 CLUB CHAMPIONSHIP

1.	Laurie, Natalie	29:21	
2.	Gatens, Georgia	35:25	

### VRWC 3KM U15 CLUB CHAMPIONSHIP

1.	Hockley-Samon, Jmara	14:36	
2.	Finnegan, Amelia	14:39	
1.	Tremigliozi, Paul	19:40	

### VRWC 1.5KM U12 CLUB CHAMPIONSHIP

1.	Swan, Kyle	08:32	
2.	Candotti, Sam	10:13	
1.	Crea, Gabriella	09:32	

### VRWC 1.5KM U9 CLUB CHAMPIONSHIP

1.	Candotti, Noah	13:48	
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**Club champions Noah Candotti, Natalie Laurie, Paul Tremigliozi, Jmara Hockley-Samon and Kyle Swan**



**Club champions Gabriella Crea, Pam Tindal and Andrew Jamieson and the contest of the meet – Jmara Hockly-Samon and Amelia Finnegan**

We had our usual selection of scratch races scheduled alongside the club championships and they attracted good fields. Rhydian Cowley recorded an excellent 45:12 for the 10km, a time that was actually very impressive given the tough conditions and the fact that he was a long way in front of anyone else. Caitlin Brunton walked her first 15km with a steady 1:39:50 and James Seid-Christmass continued on his winning way in the 5km. Jason Kozica was the fastest 3km walker and it is good to see Jason back in action after a quiet winter. It was also nice to welcome back long time club member David De Bondi who had his first walk in some years. Dave raced in the 60's and early 70's so will be remembered by our older members.

**VRWC 15 KM OPEN**

1.	Brunton, Caitlin	1:05:02	1:39:50
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**VRWC 10 KM OPEN**

1.	Cowley, Rhydian	45:12
2.	Dickenson, Russ	1:01:05
3.	Thillaisundaram, Anand	1:02:51
4.	Wood, Robin	1:09:37
5.	Wallace, Anna	1:11:36
6.	De Bondi, David	1:12:57
7.	Beaumont, Ian	1:20:15

**VRWC 5KM OPEN**

1.	Seid-Christmass, James	25:50
2.	McDonough, Aaron	26:04
3.	Bennett, Ralph	26:21
4.	Lucas, Alan	29:33
5.	Feldman, Liz	29:51
6.	Wicks, Barrie	35:26
7.	Davidson, Kelly	41:45

**VRWC 3KM OPEN**

1.	Kozica, Jason	17:42
2.	Steed, Gwen	17:49
3.	Holmes, Janet	19:02
4.	Summers, Harry	19:45
5.	Onley, Gordon	20:33
6.	Stanway, Marlane	20:34

**Officials:** Ron Miller, Harry Summers, Tim Erickson, Paul Kozaris, Ian Laurie, Dave De Bondi, Terry Swan, Stuart Cooper  
Mark Donahoo

**Judges:** Peter Vysma (chief), Lloyd Nicholls, Gordon Loughnan, Ralph Bennett

**Canteen:** Mark Donahoo, Kate Suitch, Marlane Stanway

**VRWC RACES, GEORGE KNOTT ATHLETICS TRACK, CLIFTON HILL, WED 9 DECEMBER 2009**

32 walkers availed themselves of a chance for a midweek track hitout in ideal conditions last Wednesday evening at the Collingwood Harriers track in Clifton Hill. The 5000m saw James Seid-Christmass race very strongly for a 2 sec PB time of 25:48. Further back in the field, Connor McShanag, fresh from his bronze medal in Hobart, successfully completed his first track 5000m, his time 29:41. Hobart team mates Michael O'Mahony 14:26, Brad Simpson 14:50 and Amelia Finnegan 15:30 led the 3000m field home while Stuart Kollmorgen took a rare opportunity to race 1500m, speeding to a PB time of 6:32.8. And finally to Heather Carr's grand daughter Chelsea McDonald who walked her first ever race – over 800m. Well done Chelsea.

**5000m**

1.	Seid-Christmass, James	25:48.0
2.	Evans, Simon	26:09.0
3.	McDonough, Aaron	26:24.0
4.	Dickenson, Russ	28:50.0
5.	Dickinson, Murray	29:31.0
6.	McShanag, Connor	29:41.0
7.	McIntyre, Gayle	29:45.0
8.	Gardiner, Bob	30:10.0
9.	Elms, Jason	31:24.0
10.	Steed, Gwen	31:24.0
11.	Wallace, Anna	31:35.0
12.	Beaumont, Margaret	38:46.0
13.	Beaumont, Ian	38:49.0
	Bennett, Ralph	DNF

**3000m**

1.	O'Mahony, Michael	14:26.0
2.	Simpson, Brad	14:50.0
3.	Finnegan, Amelia	15:30.0
4.	Carr, Heather	16:09.0
5.	Laurie, Natalie	16:36.0
6.	Irshad, Kylie	16:59.0
7.	George, Stephanie	17:30.0
8.	Morrey, Jan	20:31.0
9.	Wood, Robin	21:03.0
10.	Onley, Gordon	22:41.0

**1500m**

1.	Kollmorgen, Stuart	6:32.8
2.	Irshad, Jasmine	7:36.2
3.	Owen, Cooper	7:53.9
4.	Gerlich, Annemaree	8:27.6
5.	Elms, Donna	8:30.6
6.	George, Hayley	10:06.5
7.	McShanag, Ethan	12:06.2

**800m**

1.	McDonald, Chelsea	06:08.7
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## VRWC ROAD RACES, ALBERT PARK SUNDAY 10 JANUARY 2010

We were very pleased to see 61 walkers in action in what turned out to be a very hot and sunny Melbourne Sunday morning. There were lots of big performances, ably led by our 20km walkers. **Tamara Attard** and **Caitlin Brunton** had walked their first 20km events at Fawkner Park in November and their second outings showed considerable improvement. Tamara's time of 2:00:49 was nearly 6 minutes faster than previously done and Caitlin improved by just over 8 minutes for her time of 2:13:44. Not to be outdone, **Heather Carr** produced a new Victorian W60 15km record of 1:32:52.

### 20km Open

1.	Attard, Tamara	59:32	2:00:49	
2.	Brunton, Caitlin	1:03:33	2:13:44	
	Beaumont, Margaret	1:19:44	DNF	16km in 2:08:33
	Wood, Robin	1:19:43	DNF	16km in 2:08:33
	O'Neill, Terry		DNF	8km in 0:47:37

### 15km Open

1.	Carr, Heather	1:00:35	1:32:52	New Victorian W60 record
2.	O'Neill, Karyn	1:12:55	1:50:16	

The 10km event was a beauty with lots of our young walkers contesting this classic distance for the first time. **Rhydian Cowley** led from the front with a 5 sec PB time of 44:41. Others to do PBs were **Lewis Clark** – a 7 min PB of 52:03, **Emily Payne** – a 2 min PB of 1:01:53 and **Georgia Gatens** – a 4 min PB of 1:17:05. **Michael O'Mahony**, **Filip Cosic**, **Bianca Attard**, **Lucas Taylor** and **Aaron Tam** all walked their first ever 10km events and all competed strongly. And a special farewell to **Anand Thillaisundaram** who soon travels back to Scotland to finish his studies. Anand – we look forward to seeing you continue your walking in the UK and will see you in 18 months when you return.

### 10km Open

1.	Cowley, Rhydian	44:41
2.	Clark, Lewis	52:03
3.	O'Mahony, Michael	54:59
4.	McDonough, Aaron	57:14
5.	Cosic, Filip	57:29
6.	Donahoo, Mark	57:32
7.	Boddy, Tyne	1:01:33
8.	Thillaisundaram, Anand	1:01:39
9.	Payne, Emily	1:01:53
10.	Attard, Bianca	1:02:50
11.	Taylor, Lucas	1:03:53
12.	Tam, Aaron	1:06:21
13.	Elms, Donna	1:08:13
14.	Gatens, Georgia	1:17:05
	Felton, Matthew	DQ

**Amy Burren** 25:46 and **Josh Dillon** 25:47 (walking his first event at Albert Park) were the best over 5km, ahead of **Simon Evans** 25:55 and **Pam Tindal** 25:57. Young walkers **Kyle Swan** and **Reese Walmsley** moved up to the 5km distance and did it well while **Noeline Wooles** also had her first walk with us and enjoyed a pleasant 5km stroll with a group of our stalwarts.

### 5km Open

1.	Burren, Amy	25:46
2.	Dillon, Josh	25:47
3.	Evans, Simon	25:55
4.	Tindal, Pam	25:57
5.	Burren, Sarah	28:16
6.	Dickenson, Russ	29:03
7.	McIntyre, Gayle	30:02
8.	Albert, Ashley	30:46
9.	Swan, Kyle	31:34
10.	Stadus, Lauren	31:35
11.	Wallace, Anna	32:40
12.	Doran, Anthony	33:05
13.	Walmsley, Reese	39:36
14.	Beaumont, Ian	39:38
15.	Wooles, Noeline	39:40

**Beth Alexander** was certainly in fine form with a great 3km time of 13:53 ahead of **Hilary Brazel** who was not far outside her PB with 15:06. **Amelia Finnegan** won the 3km U15 with a fast 15:00 while **Connor McShanag** took second with a 26 sec PB time of 15:38. **Paul Tremigliozi** also walked well for a PB time of 19:32 while **Justin McLaren** had his first walk with the club, recording 22:39. Beth has now joined our top walkers training in Canberra for the rest of January.

### 3km Open

1.	Alexander, Beth	13:53
2.	Brazel, Hilary	15:06
3.	Riddoch, Clyde	16:41
4.	Irshad, Kylie	16:45
5.	Steed, Gwen	18:13
6.	Summers, Harry	19:30
7.	Morrey, Jan	20:00
8.	Wicks, Barrie	21:00
9.	Stanway, Marlaine	21:23
10.	Onley, Gordon	24:11

### 3km Under 15

1.	Finnegan, Amelia	15:00
2.	McShanag, Connor	15:38
3.	Hockley-Samon, Jmara	15:58
4.	Irshad, Jasmine	17:00
5.	Owen, Cooper	19:13
6.	Tremigliozi, Paul	19:32
7.	McLaren, Stacey	20:24
8.	Gerlich, Annemaree	20:40
9.	McLaren, Justin	22:39

A small number of U12 and U9 walkers contested 2km and 1km events. **Kath O'Mahony** walked a 90 sec PB time of 6:22 while **Hayden Walmsley** was also a big improver with a PB time of 6:42.

### 2km Under 12

1.	Burren, James	12:44
2.	Crea, Gabriella	13:00

### 1km Under 9

1.	Owen-Smith, Chelsea	06:21
2.	O'Mahony, Kath	06:22
3.	Walmsley, Hayden	06:42
4.	Taylor, Lee	07:01

**Officials:** Tim Erickson, Harry Summers, Rod Felton, Lee Simpson, Don McLaren, Matt Owen, Rob Cowley, Celia Johnson, Anna Wallace

**Judges:** Peter Vysma (Chief), Judy Mason, Lloyd Nicholls, Stuart Cooper, Frances Attard, Brenda Felton

**VICTORIAN COUNTRY T&F CHAMPIONSHIPS, NEWBOROUGH, 22-24 JANUARY 2010**

The Victorian Country Athletics Championships were held last weekend at the Joe Carmody Athletic Track in Newborough in Eastern Victoria, with a variety of walks on offer. Eaglehawk YMCA (Bendigo) was the dominant club, fielding the most walkers and winning the most medals. Amongst the best walks were those of Lewis Clark, Russ Dickenson, Geoff Major, Heather Carr (2 golds), Jmara Hockley-Samon and Jasmine Irshad. Well done to all our country walkers who participated.

**Men 5000 Meter Race Walk Open**

1.	Andrew Blood	74	BALLARAT YCW	26:44.43
2.	Russ Dickenson	45	SOUTH COAST	29:01.88
3.	Terry Oneill	56	GIPPSLAND ATHLETICS	30:45.14
4.	Rupert Van Dongen	74	CASEY CARDIN	33:58.80
	Geoffrey Major	36	EAGLEHAWK YMCA	DQ

**Men 5000 Meter Race Walk Under 20**

1.	Lewis Clark	94	ATHLETICS CHILWELL	24:48.72
2.	Nicholas Mirarchi	91	CORIO	26:53.50
3.	Joshua Kaiser	93	FRANKSTON	28:59.01
4.	Joshua Dillon	94	CORIO	DQ

**Men 3000 Meter Race Walk Under 16**

1.	Lucas Taylor	96	SOUTH COAST	17:36.62
2.	Joshua Savage	95	EAGLEHAWK YMCA	18:06.57

**Event 141 Men 1500 Meter Race Walk Under 14**

1.	Jeremiah Jones	97	EAGLEHAWK YMCA	8:32.66
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**Men 3000 Meter Race Walk 50 and Over**

1.	Russ Dickenson	45	SOUTH COAST	16:31.46
2.	Terry Oneill	56	GIPPSLAND ATHLETICS	18:08.21
3.	John Carter	50	SOUTH BENDIGO	20:26.13

**Event 143 Men 1500 Meter Race Walk 60 and Over**

1.	Geoffrey Major	36	EAGLEHAWK YMCA	10:31.12
	Robert Robinson	46	ATHLETICS CHILWELL	DQ

**Women 5000 Meter Race Walk Open**

1.	Heather Carr	49	EAGLEHAWK YMCA	28:34.93
2.	Annette Major	62	EAGLEHAWK YMCA	31:48.78

**Women 3000 Meter Race Walk Under 18**

1.	Emily Payne	93	CORIO	17:44.65
2.	Ebony-Jade Jones	94	EAGLEHAWK YMCA	21:17.20

**Event 142 Women 1500 Meter Race Walk Under 14**

1.	Jasmine Irshad	97	SOUTH COAST	7:49.16
2.	Rachael Guy	99	CASEY CARDIN	8:58.93
3.	Nicole Davis	98	SOUTH COAST	10:46.23

**Women 3000 Meter Race Walk Under 16**

1.	Jmara Hockley Samon	95	ATHLETICS CHILWELL	15:05.74
2.	Ebony Whiley	95	EAGLEHAWK YMCA	16:04.89
3.	Stephanie George	96	SOUTH COAST	16:35.51
4.	Amanda Heard	95	EAGLEHAWK YMCA	16:53.08
5.	Grace Campbell	95	EAGLEHAWK YMCA	18:04.90
6.	Jessey Wilson	96	EAGLEHAWK YMCA	18:55.21

**Women 5000 Meter Race Walk 40 and Over**

1.	Annette Major	62	EAGLEHAWK YMCA	31:48.78
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**Women 3000 Meter Race Walk 50 and Over**

1.	Heather Carr	49	EAGLEHAWK YMCA	15:51.59
2.	Annette Curtis	56	SOUTH BENDIGO	21:36.26

**VICTORIAN OPEN AND U20 5000M WALK, OLYMPIC PARK, THURSDAY 18 FEBRUARY 2010**

The Victorian Open and Under 20 5000m track championships were held last Thursday evening at Olympic Park in Melbourne. With the women's event starting at 7:30PM and the men's at 8:55PM, conditions were perfect and there were some good performances.

The women's race saw 16 year old Amy Burren winning overall with a time of 25:37.75. Early on, she was shadowed by Jmara Hockley Samon and Kylie Irshad but she cleared out mid race and eventually won by just over 1 minute. Kylie Irshad took the open title with 26:38.61.

**Women 5000 Meter Race Walk Open**

1.	Irshad, Kylie	South Coast	26:38.61	
2.	Carr, Heather	Eaglehawk	27:04.50	
3.	Brunton, Caitlin	Corio	28:57.72	
4.	Wallace, Anna	Athletics Essendon	29:13.87	PB – 0:46
5.	Steed, Gwen	Mentone	29:58.62	
6.	Elms, Donna	Athletics Essendon	30:30.78	

**Women 5000 Meter Race Walk Under 20**

1.	Burren, Amy	Malvern Harriers	25:37.75	
2.	Hockley Samon, Jmara	Athletics Chilwell	26:25.48	
3.	Campbell, Caitlin	Athletics Essendon	28:08.04	PB – 0:29
4.	Mason, Ella	Box Hill	29:54.27	

The men's event was dominated by Chris Erickson who powered through to a fine time of 19:33.95 and lapped the entire field. Tom Barnes and Rhydian Cowley battled it out for second place overall before Rhydian cleared away to win the U20 title with a PB time of 21:15.21. Lewis Clark 23:34.82 and Brad Simpson 23:48.92 did huge PBs in taking out the U20 minor medals behind Rhydian. It was great to see so many men on the track and lots of PBs along the way.

**Men 5000 Meter Race Walk Open**

1.	Erickson, Chris	Athletics Essendon	19:33.95	
2.	Barnes, Tom	Melbourne UN	21:29.59	
3.	Van Kopplen, Paul	Croydon	23:20.78	
4.	Kollmorgen, Stuart	Collingwood	23:28.17	PB – 0:23
5.	Donahoo, Mark	Athletics Essendon	24:38.55	
6.	Seid-Christmass, James	Corio	24:49.94	PB – 0:59
7.	Kennedy, Paul	Melbourne UNI	25:10.24	
8.	Evans, Simon	Box Hill	25:24.88	
9.	McDonough, Aaron	Preston	25:27.05	PB – 0:37
10.	Blood, Andrew	Ballarat Ycw	26:25.41	
11.	Dyer, Bill	Box Hill	26:59.61	
12.	Erickson, Tim	Coburg Harriers	27:31.53	
13.	Biggin, Daryl	Ballarat Ycw	28:23.74	
14.	Thillaisundaram, Anand	Collingwood	28:40.91	PB – 5:30
15.	Prendergast, Maurice	Ballarat Ycw	29:46.32	
16.	Kozica, Jason	ST Kevins	31:28.06	
	Nunn, Paul	Wendouree	DQ	

**Men 5000 Meter Race Walk Under 20**

1.	Cowley, Rhydian	Glenhuntly	21:15.21	PB – 0:31
2.	Clark, Lewis	Athletics Chilwell	23:24.82	PB – 1:24
3.	Simpson, Bradley	Knox Athletics	23:48.92	PB – 1:30
	Cosic, Filip	Athletics Essendon	DNF	
	Dillon, Joshua	Corio	DQ	

This is Chris's 6<sup>th</sup> win in 7 years in this event which he has pretty much made his own. His last 7 years of participation read like this

2004	1 <sup>st</sup>	Erickson, Chris	23.08.15 (41 <sup>0</sup> C)
2005	1 <sup>st</sup>	Erickson, Chris	20:58.26
2006	2 <sup>nd</sup>	Erickson, Chris	20:16.33
2007 *	1 <sup>st</sup>	Erickson, Chris	19:40.27
2008	1 <sup>st</sup>	Erickson, Chris	19:35.71
2009	1 <sup>st</sup>	Erickson, Chris	19:25.98
2010	1 <sup>st</sup>	Erickson, Chris	19:33.95

\* In 2007, Luke Adams actually finished first in 18:59.43 but Chris took the title as first Victorian finisher when he came 2<sup>nd</sup> overall.

**VICTORIAN UNDERAGE CHAMPS, OLYMPIC PARK, 26-28 FEBRUARY 2010**

Last weekend saw the Victorian U14-U20 Track and Field championships contested at Olympic Park in Melbourne. While Friday evening was hot, the remainder of the weekend was relatively cool and conditions were good for walking. Unfortunately the walk fields were relatively small as were many other fields. It is fair to say that most athletes in the U14-U146 age groups prefer to compete at Little Athletics level where the age groups suit them better. With AV following the AA lead and taking athlete ages as of 31 December 2010, many younger athletes feel that they are being forced to compete above their age groups and they vote accordingly with their feet and bypass these championships.

Anyway, enough analysis, onto the results. The U17-U20 5000m walks were held at 5:30PM on Friday evening in temperatures around 34°C and the early pace soon slowed to a relatively pedestrian pace for most of the field as the heat took its toll. One walker who seemed unaffected was Rhydian Cowley (U20) who lapped the whole field on his way to a fine time of 21:52. Next to finish was Brad Simpson (U18) who paced himself well to come home in 24:51. Beth Alexander (U20) was the fastest of the girls with 25:17. Lewis Clark (U17) also recorded a good time of 25:45 in winning the U17 men's event while Natalie Laurie had her first championship walk in quite some time and did well to come second behind Beth in the U20 walk with 28:50.

**Men 5000 Meter Race Walk Under 17**

1.	Clark, Lewis	94	Athletics Chilwell	25:45.75
2.	Dillon, Joshua	94	Corio	28:25.28
	Felton, Matthew	94	Knox Athletics	DQ

**Men 5000 Meter Race Walk Under 18**

1.	Simpson, Bradley	93	Knox Athletics	24:51.38
2.	Kaiser, Joshua	93	Frankston	27:57.23 PB 2:54
	Sloan, Dylan	93	LA Seaford	DQ

**Men 5000 Meter Race Walk Under 20**

1.	Cowley, Rhydian	91	Glenhuntly	21:52.14
2.	Cosic, Filip	92	Athletics Essendon	28:05.50

**Women 5000 Meter Race Walk Under 17**

1.	Campbell, Caitlin	94	Athletics Essendon	29:18.58
2.	Mason, Ella	94	Box Hill	30:36.88
	Burren, Amy	94	Malvern Harriers	DNF

**Women 5000 Meter Race Walk Under 18**

1.	Attard, Michaela	93	Knox Athletics	33:17.39
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**Women 5000 Meter Race Walk Under 20**

1.	Alexander, Beth	92	Knox Athletics	25:17.83
2.	Laurie, Natalie	91	Athletics Nu	28:50.70
3.	McInnes, Simone	91	Glenhuntly	31:20.98

The Under 14 1500m walks were held at 11AM on Saturday morning in much cooler conditions. Billy Allamby lead early but then settled back to walk comfortably to a win ahead of Cooper Owen in the boy's walk. Jasmine Irshad and Jemima Montag came through strongly to pass first Cooper and then Billy. Little separated them throughout the race and a final sprint up the home straight was needed to decide the winner – Jasmine with 7:08.69 ahead of Jemima with 7:09.07. Both girls walked huge PBs and provided us with a great spectacle. There was confusion in the boys' walk as Jeremiah Jones was told he had been DQ'd and stood aside for the medal presentations, only to be told afterwards that he had in fact not been rubbed out and had actually taken third place.

**Women 1500 Meter Race Walk Under 14**

1.	Irshad, Jasmine	97	SCA	7:08.69	PB 28 secs
2.	Montag, Jemima	98	Maccabi	7:09.07	PB 22 secs
3.	Eastwood, Jessie	97	Knox Athletics	7:36.03	
4.	Hamilton, Emily	98	LA Knox	7:53.53	
5.	Guy, Rachael	99	Casey Cardin	8:01.55	
6.	Sanders, Jade	97	Casey Cardin	8:03.91	

**Men 1500 Meter Race Walk Under 14**

1.	Allamby, Billy	97	Knox Athletics	7:17.18
2.	Owen, Cooper	98	Diamond Valley	7:27.32
3.	Jones, Jeremiah	97	Eaglehawk YMCA	7:59.88
4.	Garganis, Adam	97	Collingwood	8:14.22
5.	Vella, Casey	97	LA Casey	8:19.47

The U15 and U16 2000m walks were held on Sunday morning in good conditions. Amelia Finnegan (U16) led from the start and powered through to a very good time of 15:00.54 ahead of Bianca Attard (U16) who started at the back of the field but then stormed home for a 24 sec PB time of 15:34.55. Sarah Burren was the standout walker in the U15 girls' event with her time of 15:32.08. Ryan Antidormi (U16) with 15:27.75 and Connor McShanag (U15) with 15:49.35 were the other winners.

**Men 3000 Meter Race Walk Under 16**

1.	Antidormi, Ryan	95	Athletics Nu	15:27.75
2.	Savage, Joshua	95	Eaglehawk YMCA	18:06.22

**Men 3000 Meter Race Walk Under 15**

1.	McShanag, Connor	96	Athletics Essendon	15:49.35
2.	Taylor, Lucas	96	LYR	16:15.29 PB 10 secs

**Women 3000 Meter Race Walk Under 16**

1.	Finnegan, Amelia	95	Knox Athletics	15:00.54
2.	Attard, Bianca	95	Knox Athletics	15:34.55 PB 24 secs
3.	Whiley, Ebony	95	Eaglehawk YMCA	16:01.31
4.	Heard, Amanda	95	Eaglehawk YMCA	16:10.93
5.	Callaway, Jessica	95	Knox Athletics	16:23.97
6.	Albert, Ashley	95	Malvern Harriers	16:39.87

**Women 3000 Meter Race Walk Under 15**

1.	Burren, Sarah	96	Malvern Harriers	15:32.08
2.	Whitelaw, Billie	92	Mornington P	16:31.80
3.	Guy, Rebecca	96	Casey Cardin	16:43.98
4.	Stadus, Lauren	96	Knox Athletics	16:58.57
5.	Bertrand, Carly	96	Keilor St Bernards	17:45.26

**VICTORIAN MASTERS T&F C'SHIPS, DUNCAN MCKINNON RESERVE, 20-21 MARCH 2010**

Athletics Victoria, in conjunction with the Victorian Masters Association, staged joint Victorian Masters Track and Field championships last weekend at the Duncan McKinnon track in Murrumbena. 3000m walks were held on the Saturday morning and 1500m walks were held on the Sunday morning. Thanks to **Stu Cooper** for the great selection of photos.

**Saturday 20 March, 3000m Walks**

The 3000m walks were held on Saturday morning in warm and uncomfortable conditions and a good number of our Masters walkers turned out. I always look to the age graded tables to see who has done well relatively and the general consensus is that anything over 80% is very good. The bold highlighting on so many of the walk results below indicates the strength of Victorian Masters walking.

The women's walk was first up and saw a spirited battle out front between Pam Tindal and Kylie Irshad with Heather Carr not far behind. In fact, **Pam Tindal** (who set a new Victorian Masters W50 record of 14:58.3, breaking Heather Carr's old record of 15:26.81) and **Heather Carr** (whose 15:37.9 as a W60 is just unbelievable and was not far outside her own world record) were definitely the stars of the show. Gwen Steed was also in great form with her time of 17:43.1 in the W65 division. Wow!

W80	-	Clare McKerr	W80	VM-SPRINGVALE	DQ		
W70	1	Marlaine Stanway	W71	VM-SPRINGVALE	21:02.9	78.42%	
W65	1	Gwen Steed	W67	VMA/MENTONE	17:43.1	<b>88.18%</b>	
W60	1	Heather Carr	W60	VMA/EAGLEHAWK	15:37.9	<b>91.95%</b>	
	2	Liz Feldman	W61	VM-CROYDON	17:36.1	<b>82.57%</b>	
	3	Celia Johnson	W62	VM-SPRINGVALE	20:27.3	71.86%	
W55	1	Alison Thompson	W57	VM-CROYDON	16:42.8	<b>83.34%</b>	
	2	Marlene Gourlay	W58	VM-MENTONE	17:15.1	<b>81.56%</b>	
W50	1	Pam Tindal	W50	VM-CROYDON	14:58.3V	<b>87.18%</b>	<b>VIC REC</b>
W45	1	Donna Elms	W48	VATE	18:05.4	70.95%	
W40	1	Gayle McIntyre	W43	VM-MENTONE	16:10.4	76.19%	
W35	1	Kylie Irshad	W38	VSCA	15:44.0	75.44%	

The Masters Men followed and what a race it was. Paul Van Kopplen (13:26.1), Stuart Kollmorgen (13:26.1) Paul Kennedy (14:05.9), James Seid-Christmass (14:15.2) and Mark Donahoo (14:17.1) put on a remarkable show for everyone with their speed walking and all were over the 80% age gradings. Harry Summers walked superbly for his M70 win with 19:11.6 and Clyde Riddoch won the M55 walk with 15:46.9, one of some 10 events he contested (with his usual aplomb) during the weekend.

M80	-	Kees Zwynenburg	M81	VM-FRANKSTON	DQ		
M75	1	Colin Silcock-Delaney	M77	VM-GEELONG	23:15.0	69.43%	
M70	1	Harry Summers	M74	VMA/BOX HILL	19:11.6	<b>80.69%</b>	
	2	Bernard Goggin	M72	VMA/COBURG	24:53.1	60.64%	
M65	1	Barrie Wicks	M69	VM-CROYDON	20:58.6	69.33%	
	-	Llewellyn Jenkins	M65	VM GLENHUNTLY	DQ		
M60	1	Alan Lucas	M62	VM-EAST BURWOOD	17:18.4	77.76%	
	2	Gerald Sofianos	M60	VMA/ST KEVINS	17:46.9	74.16%	
M55	1	Clyde Riddoch	M56	VAWA	15:46.9	<b>80.45%</b>	
	2	Tim Erickson	M59	VMA/COBURG	16:29.0	79.23%	
M50	1	Paul Kennedy	M52	VMA/MELBOURNE UNI	14:04.9	<b>87.04%</b>	
	2	Mark Donahoo	M51	VATE	14:17.1	<b>85.06%</b>	
	3	Geza Benke	M53	OLD MELBURNI	17:32.0	70.51%	
M45	1	Simon Evans	M49	VMA/BOX HILL	14:46.7	<b>80.84%</b>	
	2	Bernie Keirl	M46	VMA/DIAMOND VALLEY	16:10.5	72.05%	
M40	1	Paul Van Kopplen	M42	VMA/CROYDON	13:21.5	<b>84.47%</b>	
	2	Stuart Kollmorgen	M40	VCOL	13:26.1	<b>82.67%</b>	
	3	James Seid-Christmass	M42	VMA/CORIO	14:15.2	79.16%	
M35	1	Aaron McDonough	M37	VMA/PRESTON	15:19.8	70.87%	
	2	Rupert Van Dongen	M35	CASEY CARDINIA	19:50.4	54.13%	

**Sunday 21 March, 1500m Walks**

The weather had cooled by Sunday morning and conditions were better for the walkers. The women kicked off proceedings with their 1500m and once again it was Pam Tindal, Kylie Irshad and Heather Carr showing the way. This time, Kylie prevailed with an excellent 6:54.2 ahead of Pam 6:59.00 and Heather 7:18.50. But the final accolades are for Pam and Heather who set new Victorian records – Pam broke Heather's 2001 W50 record of 7:10.20 while Heather broke Jean Albury's 1990 W60 record of 7:39.0.

W70	1	Marlaine Stanway	W71	VM-SPRINGVALE	10:12.00	77.22%	
W60	1	Heather Carr	W60	VMA/EAGLEHAWK	7:18.50	<b>94.81%</b>	<b>VIC REC</b>
	2	Elizabeth Feldman	W61	VM-CROYDON	8:11.10	<b>85.52%</b>	
	3	Celia Johnson	W62	VM-SPRINGVALE	9:57.10	71.08%	
W55	1	Alison Thompson	W57	VM-CROYDON	7:54.00	<b>85.19%</b>	
W50	1	Pam Tindal	W50	VM-CROYDON	6:59.00	<b>90.63%</b>	<b>VIC REC</b>
W45	1	Donna Elms	W48	VATE	8:13.60	75.65%	
W35	1	Kylie Irshad	W38	VSCA	6:54.20	<b>83.36%</b>	

A big field contested the men's 1500m and once again we saw some great speed walking at the front. Paul Kennedy won overall with 6:24.33 (only 3 secs outside Andrew Jamieson's 1999 M50 record), ahead of James Seid-Christmass 6:35.42, Mark Donahoo 6:41.70 and Andrew Jamieson 6:57.77. Andrew scored an impressive 95.81% with his M60 walk while Paul was not far behind with his 93.86% effort.

M85	1	Stan Stankovic	M87	VM-THROWERS	14:23.30	64.40%
M80	1	Kees Zwynenburg	M81	VM-FRANKSTON	12:48.80	65.47%
M75	1	Colin Silcock-Dela	M77	VM-GEELONG	11:29.60	68.81%
	2	Nino Stankovic	M77	VM-THROWERS	14:44.20	53.67%
M70	1	Harry Summers	M74	VMA/BOX HILL	9:15.70	<b>81.98%</b>
	2	Bernard Goggin	M72	VMA/COBURG	11:41.00	63.33%
M65	1	Barrie Wicks	M69	VM-CROYDON	10:07.53	70.45%
	2	Peter Buller	M65	GLENHUNTLY A	10:33.52	64.54%
M60	1	Andrew Jamieson	M63	VMA/OLD SCOTCH	6:57.77	<b>95.81%</b>
	2	Russell Dickenson	M64	VSCA	7:50.51	<b>85.97%</b>
	3	Alan Lucas	M62	VM-EAST BURWOOD	7:56.94	<b>83.05%</b>
	4	Gerald Sofianos	M60	VMA/ST KEVINS	8:37.81	74.97%
	5	Des Middleton	M63	VM-CAULFIELD	9:30.94	70.11%
M55	1	Clyde Riddoch	M56	VAVA	7:32.46	<b>82.59%</b>
	2	Timothy Erickson	M59	VMA/COBURG	8:00.93	79.92%
M50	1	Paul Kennedy	M52	VMA/MELBOURNE UNI	6:24.23	<b>93.86%</b>
	2	Mark Donahoo	M51	VATE	6:41.70	<b>89.01%</b>
	3	Geza Benke	M53	OLD MELBURNI	8:21.78	72.50%
M45	1	Simon Evans	M49	VMA/BOX HILL	7:08.01	<b>82.13%</b>
M40	1	James Seid-Christmass	M42	VMA/CORIO	6:35.42	<b>83.94%</b>
	2	Mal Grimmett	M44	VM-SPRINGVALE	13:05.62	42.93%
M35	1	Rupert Van Dongen	M35	CASEY CARDINIA	10:17.44	51.13%

**VICTORIAN LITTLE ATHLETICS STATE CHAMPIONSHIPS, OLYMPIC PARK, 20-21 MARCH 2010**

The Victorian Little Athletics Track and Field championships are the biggest Victorian athletics meet for the summer and one of the best run and highest standard carnivals you are likely to see. This year was no exception as the cream of our Little Athletes, having qualified via region meets, met at Olympic Park for the final showdown. First, let's consider the Victorian Best Performances (LA Records) as listed on the VLAA website (<http://www.vlaa.com.au>). There are some pretty amazing walks amongst that lot.

U9 Girls	1100m Walk	L. Marland	Box Hill	5:48.7	1988
U10 Girls	1100m Walk	S. Sansonetti	Diamond Valley	5:30.0	1984
U11 Girls	1500m Walk	N. Gleeson	Bendigo	7:23.73	1996
U12 Girls	1500m Walk	N. Gleeson	Bendigo	6:53.19	1997
U13 Girls	1500m Walk	C. Raselli	Knox	6:53.34	2007
U14 Girls	1500m Walk	T. Charman	Corio	6:42.55	1992
U15 Girls	1500m Walk	K. Wapshott	Knox	6:44.52	1996
U9 Boys	1100m Walk	C. Lurati	Warragul	5:32.11	2001
U10 Boys	1100m Walk	R. Cowley	Knox	5:09.12	2001
U11 Boys	1500m Walk	S. Clancy	Springvale	7:12.0	1984
U12 Boys	1500m Walk	C. Johns	Diamond Valley	7:03.4	1982
U13 Boys	1500m Walk	E. Thompson	Bendigo	6:59.54	1998
U14 Boys	1500m Walk	T. Harbour	Ringwood	6:31.4	1990
U15 Boys	1500m Walk	B. Leonard	Knox	6:14.99	1995

Now let's see how our walkers fared this year!

**Saturday 20 March 2010 – U12-U15 Walks**

The U12-U15 1500m walks were held on Saturday in warm and oppressive conditions. The winning performances and the overall depth were fantastic but to draw attention to a few of the many fine walks

**Jemima Montag** won by the length of the straight in the U12 1500m walk with her 15 sec PB time of 6:56.16 and was only 3 secs outside the Vic record

**Zoe Boldiston**, **Jasmine Irshad** and **Sarah Burren** staged a fantastic U13 1500m race with Zoe (a 31 sec PB of 6:58.26 and only 5 secs outside the Vic record), Jasmine (just 1 sec outside her PB with 7:04.29) and Sarah (7:07.78) all right up there.

**Billy Allamby**, followed up his win in the U14 event in Sydney last weekend, with a win in the U12 1500m. After a first lap of under 1:40, he paid the penalty later in the race and slowed to 7:21.92 but what speed!

**Jared Walker**, **Connor McShanag** and **Nathan Brill** were all great in the U14 1500m. Jared won with a 51 sec PB time of 6:49.90, Connor was 2<sup>nd</sup> with a 10 sec PB time of 6:54.18 and Nathan (the son of former International Craig Brill) was third with a big PB time of 7:01.01 in only his first season of walking.

**Josh Dillon** dominated the U15 1500m walk to win in 6:41.02 ahead of **Matt Felton** with 6:46.33. After a very pedestrian first lap of around 1:50, they kicked it down and went to work.

**Jmara Hockley-Samon** who won the U14 1500m with 6:57.91 and **Amelia Finnegan** who won the U15 event with 6:58.88. Both girls backed up well after big walks in Sydney last weekend.

<p><b>Boys U12 1500M Walk</b></p> <ol style="list-style-type: none"> <li>Billy Allamby Knox 7:21.92</li> <li>Cooper Owen Diamond Valley 7:32.32</li> <li>Emmet Brasier Diamond Valley 7:45.64</li> <li>Jacob Richardson Knox 7:49.58</li> <li>Reese Walmsley Knox 8:07.93</li> <li>Lewis Vella Casey 8:19.57</li> <li>Konrad Debicki Waverley 8:35.96</li> <li>Sean Miles Knox 8:51.36</li> <li>Timothy Petersen Keilor 9:25.38</li> <li>Cody McNicol-Davidson Skye Valley 9:27.70</li> <li>Taren Cataldo Keilor 10:14.34</li> <li>Lachlan Taylor Ballarat DQ</li> <li>Brandon Bynon Bendigo DQ</li> <li>Thomas Houlden Bendigo DQ</li> <li>Jack Stone Cranbourne DQ</li> </ol>	<p><b>Girls U12 1500M Walk</b></p> <ol style="list-style-type: none"> <li>Jemima Montag Caulfield 6:56.16</li> <li>Jessie Eastwood Knox 7:30.37</li> <li>Emily Hamilton Knox 7:34.11</li> <li>Grace Edlin Bendigo 7:39.45</li> <li>Sophia Antidormi Nunawading 7:49.12</li> <li>Jade Sanders Casey 8:00.69</li> <li>Cindy Collins Waverley 8:21.26</li> <li>Morgan Costello Geelong 8:56.94</li> <li>Lauren Collis Diamond Valley 9:00.56</li> <li>Nicole Banovac Corio 9:05.97</li> <li>Larissa Cullen Whittlesea City 9:06.35</li> <li>Zoe Schwerkolt Box Hill 9:10.69</li> <li>Amy Ventura Waverley DQ</li> </ol>
<p><b>Boys U13 1500M Walk</b></p> <ol style="list-style-type: none"> <li>Jordan Galbraith Croydon 7:31.80</li> <li>Lachlan Kewley Ringwood 7:37.13</li> <li>Jeremiah Jones Bendigo 7:48.08</li> <li>Adam Garganis Collingwood 8:10.44</li> <li>Paul Tremigliozzi Caulfield 8:55.52</li> <li>Nathan Dillon Corio 9:07.42</li> <li>Dane Heiden Bendigo DQ</li> </ol>	<p><b>Girls U13 1500M Walk</b></p> <ol style="list-style-type: none"> <li>Zoe Boldiston Shepparton 6:58.26</li> <li>Jasmine Irshad Knox 7:04.29</li> <li>Sarah Burren Waverley 7:07.78</li> <li>Billie Whitelaw Mornington 7:36.17</li> <li>Megan Walker Corio 7:42.52</li> <li>Carly Bertrand Keilor 7:45.13</li> <li>Danika Corless Knox 8:26.75</li> </ol>

	8. Bethanie Barbour 9. Shelby Mance 10. Rebecca Campbell 11. Shae Ohlsen 12. Stephanie Wilson Emily Swan	Coburg Casey Keilor Ballarat Whittlesea City Knox	8:33.18 8:34.08 8:38.99 9:28.56 9:28.86 DQ
<b>Boys U14 1500M Walk</b>	1. Jared Walker 2. Connor McShanag 3. Nathan Brill 4. Lucas Taylor 5. Andrew Burgess	Corio Keilor Southern Pen Lilydale/Yar Diamond Valley	6:49.90 6:54.18 7:01.01 7:49.66 8:56.88
<b>Girls U14 1500M Walk</b>	1. Jmara Hockley-Samon 2. Stephanie George 3. Bianca Attard 4. Rebecca Guy 5. Olivia Cope 6. Grace Campbell 7. Jessey Wilson	Geelong Lilydale/Yar Knox Casey Leongatha Bendigo Bendigo	6:57.91 7:09.21 7:38.82 7:46.10 8:32.08 8:50.20 8:55.42
<b>Boys U15 1500M Walk</b>	1. Josh Dillon 2. Matthew Felton 3. Ryan Antidormi 4. Aaron Tam 5. Jesse Costelloe 6. Josh Savage Ash Millane	Corio Knox Nunawading Waverley Geelong Bendigo Sunbury	6:41.02 6:46.33 7:09.30 7:25.65 8:14.30 9:13.89 DQ
<b>Girls U15 1500M Walk</b>	1. Amelia Finnegan 2. Jessica Callaway 3. Caitlin Campbell 4. Ebony Wiley 5. Amanda Heard 6. Annemaree Gerlich	Knox Knox Keilor Bendigo Bendigo Diamond Valley	6:58.88 7:16.98 7:17.30 7:29.48 7:33.79 8:06.70

### Sunday 21 March, U9-U11 Walks

Sunday's U9-U11 walks were just as fiercely contested and the highlights continued. Amongst the most noteworthy walks were

**Brodie Richardson** (5:42.18) and **Mikhala Hodges** (5:45.38) who both broke the U9 Girls 1100m State record of 5:48.70 after what could only be described as a titanic struggle. Interestingly, Brodie is the daughter of former top walker Stephen Richardson. Her brother Jacob Richardson also walked very well for 4<sup>th</sup> in the U12 Boys 1500m walk the day before.

**Charlotte Edlin** who won the U10 Girls 1100m with 5:38.74. This was not surprising given her great walking on the local Bendigo front this year.

**Harry Hockley-Samon** who followed in the footsteps of big sister Jmara and who won the U9 Boys' 1100m with 6:19.06.

**James Burren**, the younger brother of Amy and Sarah, who won the U10 1100m with 5:56.50.

**Kyle Swan** (7:51.98) and **Anna Babara** (7:50.21) who did almost identical times in winning their respective U11 1500m walks.

Sorry but I don't have any photos from these races as I was out on the bike helping 2010 World Racewalking Cup rep Tom Barnes with a long training walk Sunday morning!

<b>Boys U9 1100M Walk</b>	1. Harry Hockley-Samon 2. Byron Browne 3. Tyler Dobay 4. Ethan Wright Hayden Walmsley	Geelong Knox Nunawading Whittlesea City Knox	6:19.06 6:23.47 7:08.03 7:08.30 DQ
<b>Girls U9 1100M Walk</b>	1. Brodie Richardson 2. Mikhala Hodges 3. Kristina Collins 4. Chelsea Owen-Smith 5. Jasmine Delacroix 6. Romy Gras 7. Lee Taylor 8. Livinia Mason 9. Rebecca Henderson 10. Tegan Miller 11. Romanie Barnes 12. Alyssa Waugh 13. Gabrielle Clarke 14. Lucy Vicendese 15. Kelsey Skeggs Katelyn Lotherington Caitlyn Bayley Amber Ross	Knox Knox Waverley Diamond Valley Croydon Corio Lilydale/Yar Box Hill Casey Skye Valley Knox Sale Box Hill Coburg Casey Ballarat Frankston Sale	5:42.18 5:45.38 6:16.37 6:25.33 6:31.53 6:34.41 6:36.05 6:57.15 6:59.25 7:08.22 7:17.32 7:26.29 7:30.10 7:35.16 8:06.53 DQ DQ DQ
<b>Boys U10 1100M Walk</b>	1. James Burren 2. Simon Duval 3. Samuel Candotti 4. Matthew Gibbons 5. Kyle Kerr 6. Jas Corless	Waverley Croydon Keilor Lilydale/Yar Croydon Knox	5:56.50 6:19.05 6:25.12 6:45.64 6:45.90 6:59.33
<b>Girls U10 1100M Walk</b>	1. Charlotte Edlin 2. Georgia Bertrand 3. Gemma Eastwood 4. Courtney North 5. Karla Bulte 6. Jessica Lillie	Bendigo Keilor Knox Knox Casey Knox	5:38.74 5:50.35 5:51.05 6:08.71 6:15.25 6:19.35

7. Mitchell Davies	Waverley	7:20.98	7. Tara Xuereb	Waverley	6:36.71
8. Michael Miles	Knox	7:21.24	8. Erin Walsh	Corio	6:44.12
9. Lachlan Feain	Sunbury	7:26.39	9. Sophie Schwerkolt	Box Hill	7:00.06
10. Johnny Hilton	Sherbrooke	7:33.62	10. Caitlyn Musgrave	Whittlesea City	7:03.64
11. Ethan McShanag	Keilor	7:48.21	11. Tylah Whitehead	Traralgon	7:05.40
Timothy Ziguas	Waverley	DQ	12. Keilea Wiffen	Corio	7:06.94
Joshua Sleeman	Knox	DQ	13. Paris Owen-Wilson	Dandenong	7:07.24
			14. Magdelene Antypas	Diamond Valley	7:07.84
			15. Madeleine Guerin	Coburg	7:11.11
			16. Charisma Boothroyd	Sherbrooke	7:20.97
			Hayley George	Lilydale/Yar	DNF
<b>Boys U11 1500M Walk</b>			<b>Girls U11 1500M Walk</b>		
1. Kyle Swan	Knox	7:51.98	1. Anna Babare`	Geelong	7:50.21
2. Liam Burgess	Diamond Valley	8:36.74	2. Taylor Vasiljevic	Casey	7:55.27
3. Sam Nightingale	Coburg	9:03.30	3. Paige de Lisen	Waverley	7:59.90
4. Kyle Rollo	Corio	9:12.85	4. Rachael Guy	Casey	8:00.54
5. Matthew Sullivan	Cranbourne	9:25.21	5. Shelby Kay	Sherbrooke	8:40.34
6. Joshua Tremiglozzi	Caulfield	9:48.25	6. Tessa McCann	Brighton	8:50.10
Jason King	Collingwood	DQ	7. Kirsten Walburg	Croydon	8:54.02
Patrick Martin	Coburg	DQ	8. Bronte Segota	Brighton	8:55.14
			9. Stephanie White	Knox	9:11.98
			10. Lauren Kewley	Ringwood	9:18.24
			11. Alannah Gloury	Seaford	9:21.68
			12. Philippa Huse	Brighton	9:22.40
			13. Megan White	Corio	9:27.87
			14. Hayley Brown	Knox	9:34.87
			15. Charlee Harrison	Waverley	9:35.83
			16. Olivia Houlden	Bendigo	9:52.03

**VRWC AND VMA RACES, GEORGE KNOTT RESERVE, CLIFTON HILL, SUNDAY 11 APRIL 2010**

Sunday saw our last VRWC races for the summer season as we joined forces with the Victorian Masters Association for their 5000m Summer Championships at the Collingwood Harriers track in Clifton Hill. It was cold and very windy and the Masters Men were caught in a real downpour but it did not seem to slow the walkers and times were generally good.

**VMA 5000m WOMEN**

The Masters women were first on the track at 8:30AM and Pam Tindal led the whole way to record an excellent 25:41 ahead of Heather Carr 27:37 and Gayle McIntyre 29:04.

W40	1	McIntyre, Gayle	29:04
W45	1	Elms, Donna	32:11
W50	1	Tindal, Pam	25:41
W55	1	Thompson, Alison	28:47
W60	1	Carr, Heather	27:37
W60	2	Feldman, Liz	29:38
W70	1	Beaumont, Margaret	38:38

**VMA 5000m MEN**

The Masters men were next at 9:15AM, with Stuart Kollmorgen 24:06, James Seid-Christmass 25:32 and Simon Evans 25:35 leading the way. The rain came down in buckets at about the 28 min mark so those walkers still on the track had to see out their last laps in very cold wet and windy conditions. Well done to Col Silcock-Delaney who showed that at 76 he can still walk pretty briskly!

M35	1	McDonough, Aaron	28:10
M40	1	Kollmorgen, Stuart	24:06
M40	2	Seid-Christmass, James	25:32
M45	1	Keirl, Bernie	27:23
M50	1	Evans, Simon	25:35
M55	1	Riddoch, Clyde	27:56
M60	1	Dickenson, Russ	28:21
M60	2	Lucas, Alan	28:48
M65	1	Bennett, Ralph	32:05
M65	2	Wicks, Barrie	35:59
M70	1	Dickinson, Murray	30:36
M70	2	Summers, Harry	32:53
M70	3	Beaumont, Ian	38:01
M75	1	Silcock-Delaney, Col	37:41

Our own club races followed. Although the rain had now stopped, the wind was still blowing a treat but it did not seem to worry Rhydian Cowley or Hilary Brazel, both of whom walked PBs in the 5000m (21:14 for Rhydian and 26:10 for Hilary). Special mention to 11 year old Cooper Owen who walked his first ever 5000m – a very respectable 29:53. Natalie Laurie was the best of the 3000m with 15:28, her best since coming back from ankle surgery, and Georgia Bertrand was the fastest over 1500m with 9:10. We welcomed first time VRWC walkers Simone McInnes and Shelby Kay. Sorry about the weather girls!

**VRWC 5000m**

1.	Cowley, Rhydian	21:14 (PB)
2.	Brazel, Hilary	26:10 (PB)
3.	Irshad, Kylie	26:12
4.	McDonough, Aaron	27:36
5.	Owen, Cooper	29:53 (First ever)
6.	Johnson, Celia	34:25
7.	Gatens, Georgia	37:02

**VRWC 3000m**

1.	Laurie, Natalie	15:28
2.	Irshad, Jasmine	16:49
3.	McInnes, Simone	17:49
4.	Bertrand, Carly	18:11
5.	Onley, Gordon	23:43

**VRWC 1500m**

1.	Bertrand, Georgia	9:10
2.	Kay, Shelby	9:28
3.	Owen-Smith, Chelsea	10:17

**Judges:** Peter Vysma (chief), Stuart Cooper, Shane Bertrand, Ralph Bennett, Terry Knappe  
**Officials:** Tim Erickson, Bob Gardiner, Harry Summers, Jason Elms, Damien Elms, Don McLaren  
**Conditions:** Very windy, cool with some showers

## VRWC OPENING SEASON RACES, ALBERT PARK, SATURDAY 24 APRIL 2010

Our Winter Season opening races went off successfully on Saturday with 87 competitors racing a variety of distances in mild and overcast weather with a slight breeze. Due to ongoing Australian Grand Prix Motor Racing cleanup, we used the 1km loop south of our clubrooms but the smaller and tighter course actually made for exciting racing conditions and added to the atmosphere.

We also welcomed a lot of first time walkers to Albert Park (Michelle Thompson, Lew Jenkins, Nathan Brill, Josh Tremigliozi, Josh Lucy and Anthony Vicendese, Brodie and Jacob Richardson and Ethan Wright), welcomed back an old member (Dave De Bondi) and took lots of registrations. So we are off to a great start.

Note that the results below include a handicap placing as calculated by our club handicapper Mark Donahoo. Provided he has a previous time to put against you, he calculates what he thinks you should walk and rates your performance accordingly. The handicap points accumulate each week towards the end of season presentations. If you did not get a handicap place, it means that either Mark did not have a time to put against you or else you are not a financial member of the club.

The results also include an \* against the names of walkers who walked in yellow numbers which indicated that they were walking under 'Club Rules' rather than the normal IAAF rules. This concept allows older or new walkers, who feel they might not be able to satisfy the rigid racewalking rules, to still have a race with us. The judges judge them on contact and fairness of walking but do not judge them as rigorously on the straight knee rule.

The longest distance on offer was the 8km and **Rhydian Cowley**, in his last hitout before leaving next weekend for the World Racewalking Cup, was in a class of his own, weaving past the massed walking fields, to record an excellent 35:12. We welcomed **Dave De Bondi** back for one of his rare walks – Dave was a regular in the sixties and early seventies! He actually won the handicap with his even paced 55:41. **Pam Tindal** was the fastest of the women with a 6 sec PB of 42:20 – not bad on such a tight course. Not surprisingly, she also won the handicap.

VRWC 8 KM OPEN		Handicap Place
1. Cowley, Rhydian	35:12	2
2. Kollmorgan, Stuart	40:32	7
3. Evans, Simon	42:02	3
4. Seid-Christmass, James	42:58	
5. McDonough, Aaron	44:14	4
6. Dickenson, Russ	47:53	5
7. Gardiner, Robert	50:34	6
8. Summers, Harry	54:46	
9. De Bondi, David *	55:41	1
1. Tindal, Pam	42:20	1
2. Thompson, Alison	48:28	2
3. Elms, Donna	52:30	3
4. Stanway, Marlaine	57:17	

The 5km event was added several weeks ago when we were approached to host a timetrial for **Rachel Tallent**. The task for Rachel was to better 25:00 to prove her fitness so that she could be considered for addition to the World Racewalking Cup U20 10km team to fill the one remaining spot. Although qualified, she has missed the trial with injury and hence the need for another performance. And beat it she did, recording 24:54 in fine style. **Mark Donahoo** 24:52, **Brad Simpson** 24:53 and **Beth Alexander** 24:53 walked very similar times and it was great to see the four of them powering towards the finish line. The big news is that A.A. has ratified her performance and she has been added to the World Race Walking Team to compete in Mexico next month.

Handicap winners were **Jason Kozica** and **Celia Johnson**. First timer **Michelle Thompson**, fresh from winning the Coburg 24 Hour Run last weekend (when she ran 172km in 24 hours) did a fine first up walk, recording 32:32 for the 5km. **Rudolf Skrucany** was also back only a week after doing the 24 Hour walk at Coburg. Talk about tough competitors!

VRWC 5KM OPEN		Handicap Place
1. Donahoo, Mark	24:52	3
2. Simpson, Bradley	24:53	
3. Dillon, Josh	27:27	5
4. Kaiser, Joshua	27:33	2
5. Kozica, Jason	29:00	1
6. Lucas, Alan	29:08	4
7. Skrucany, Rudolf	35:55	6
1. Alexander, Beth	24:53	4
2. Tallent, Rachel	24:54	3
3. Carr, Heather	26:42	2
4. Feldman, Liz	30:05	
5. Thompson, Michelle *	32:32	
6. Johnson, Celia	34:03	

Our most popular distance was 4km with Open and Under 15 divisions on offer. The Open walks were won by **Clyde Riddoch** 22:14 and **Amy Burren** 20:06 (Amy is in the National Youth Squad and is one of the top Under 17 walkers in Australia) while the handicap winners were **Anthony Doran** and **Kirstin Shaw**.

<b>VRWC 4KM OPEN</b>			<b>Handicap Place</b>
1.	Riddoch, Clyde	22:14	2
2.	Barrow, Geoff	25:18	4
3.	Doran, Anthony	25:32	1
4.	Wicks, Barrie	28:44	6
5.	Morrison, John	29:42	7
6.	Harrison, Lindsay	30:14	5
7.	Wood, Robin *	30:26	
8.	Onley, Gordon *	31:15	3
9.	Beaumont, Ian *	31:57	8
	Jenkins, Lew	DQ	
1.	Burren, Amy	20:06	2
2.	Irshad, Kylie	20:45	
3.	Brazel, Hilary	20:53	5
4.	Raselli, Cassie	22:06	
5.	Laurie, Natalie	22:58	6
6.	Shaw, Kirstin	23:03	1
7.	Mason, Ella	24:10	9
8.	Steed, Gwen	25:13	7
9.	Holmes, Janet *	26:12	4
10.	Morrey, Jan	26:18	3
11.	Shaw, Robyn	27:34	10
12.	Harrison, Maryanne	30:14	
13.	Beaumont, Margaret	31:14	8

The Under 15 walks are normally high quality affairs and Saturday was no exception. 13 year old **Nathan Brill**, the son of former international walker Craig Brill (see <http://www.vrwc.org.au/tim-archive/wv-craig-brill.pdf>) had his first hitout on the road and impressed greatly with a wonderful 19:48. 13 year old **Connor McShanag** was not far behind with 20:56 while **Jmara Hockley-Samon** 21:07 and **Sarah Burren** 21:17 were equally impressive as the fastest of the girls. Not surprisingly, Connor and Jmara won the associated handicap races.

<b>VRWC 4KM UNDER 15</b>			<b>Handicap Place</b>
1.	Brill, Nathan	19:48	
2.	McShanag, Connor	20:56	1
3.	Garganis, Adam	25:44	3
4.	Tremigliozi, Paul	26:26	2
5.	McNicol-Davidson, Cody	27:57	
1.	Hockley-Samon, Jmara	21:07	1
2.	Burren, Sarah	21:17	2
3.	Montag, Jemima	23:42	
4.	McInnes, Simone	23:46	3
5.	Campbell, Caitlin	24:38	5
6.	Walker, Megan	24:42	6
7.	Barbour, Beth	24:44	4
	George, Stephanie	DNF	2km in 10:28
	Guy, Rebecca	DNF	3km in 19:12
	Stadus, Lauren	DNF	3km in 17:25
	Campbell, Rebecca	DNS	

The Under 12 2km and the Under 9 1km saw a number of first timers in action and most walked well. There were a couple of disqualifications but I am sure that there is nothing serious here that can't be fixed with a bit of extra concentration. Harry Hockley-Samon and Gabriella Crea were our U12 winners while Ethan Wright and Brodie Richardson were our U9 winners.

<b>VRWC 2KM UNDER 12</b>			<b>Handicap Place</b>
1.	Hockley-Samon, Harry	13:27	1
2.	Tremigliozi, Joshua	15:14	
3.	Vicendese, Joshua	15:19	
4.	Davidson, Harley	17:20	
	Candotti, Sam	DNF	
	Richardson, Jacob	DQ	
1.	Crea, Gabriella	10:56	1
2.	De Lisen, Paige	12:00	8

3.	Guy, Rachael	12:14	6
4.	Segota, Bronte	12:27	2
5.	McCann, Tessa	12:48	5
6.	Brown, Hayley	12:52	7
7.	Xuereb, Tara	13:17	4
8.	Harrison, Charlee	13:27	3

**VRWC 1KM UNDER 9**

1.	Wright, Ethan	07:18	
2.	Candotti, Noah	08:04	1
	Vicendese, Anthony	DQ	
1.	Richardson, Brodie	05:41	
2.	Owen-Smith, Chelsea	06:17	1
3.	Vicendese, Lucy	07:22	
4.	Mason, Livinia	07:50	2

**Handicap Place**



**Jacob Richardson, Paige De Lisen, Lucy Vicendese, Livinia Mason and Ethan Wright in action**

Finally, it takes a lot of manpower to keep the show on the road so thanks to the following for their help on Saturday. Sorry if I missed anyone – it was a big day!

**Officials:** Tim Erickson, Ron Miller, Stuart Cooper, Harry Summers, Bob Gardiner, Michael Brazel, Ian Laurie, Paul Kozaris, Simon Baker, Alison Baker, Matt Owen, Mark Davidson, Damien Elms

**Judges:** Peter Vysma (Chief), Michael Bodey, Ralph Bennett, Terry Knape, Lloyd Nicholls



### VRWC 5KM OPEN

1.	Tindal, Pam	25:28
2.	Thompson, Alison	29:06
3.	Shaw, Kirstin	29:19
4.	Feldman, Liz	29:37
5.	Steed, Gwen	32:02
6.	Johnson, Celia	33:46
7.	Shaw, Robyn	33:53
8.	Gatens, Georgia	34:26
	Stanway, Marlaine	DNF
1.	Brill, Nathan	25:11
2.	Bennett, Ralph	27:41
3.	Lucas, Alan	29:21
4.	Dickinson, Murray	30:23
5.	Skrucany, Rudolf	35:51
6.	Wicks, Barrie	36:44
7.	Wood, Robin *	37:07
8.	Gibson, Howard *	38:32

The 3km races also attracted strong fields with Hilary Brazel recording a 5 sec PB of 15:01 to take fastest overall. Other strong walks were seen from Jasmine Irshad who was just outside her best with 16:31 and Cindy Collins who completed her first 3km with 18:23. Young Knox walker Jessie Eastwood also had her first VRWC walk at Albert Park and her first 3km to boot, and she recorded a good 19:00. We also welcomed Josh Savage of Bendigo to his first VRWC walk and he was the fastest U15 boy with 18:52.

### VRWC 3KM OPEN

1.	Brazel, Hilary	15:01
2.	McIntyre, Gayle	17:17
3.	Mason, Ella	18:16
4.	Wallace, Anna	18:23
5.	Morrey, Jan	19:11
6.	Holmes, Janet *	19:18
7.	Harrison, Maryanne	21:33
8.	Beaumont, Margaret	23:03
1.	Morrison, John	21:18
2.	Harrison, Lindsay	22:19
3.	Beaumont, Ian *	23:38
4.	Onley, Gordon *	24:43

### VRWC 3KM UNDER 15

1.	Irshad, Jasmine	16:31
2.	Collins, Cindy	18:23
3.	Walker, Megan	18:25
4.	Barbour, Beth	18:40
5.	Gerlich, Annemaree	18:49
6.	Eastwood, Jessie	19:00
7.	Ventura, Amy	19:06
1.	Savage, Joshua	18:52
2.	Tremigliozi, Paul	20:00
3.	McNicol-Davidson, Cody	20:20

We had big Under 12 and Under 9 fields and the star performer was definitely Jemima Montag who powered through to take fastest time in the 2km with 10:57. In other performances of note, Bronte Segota did a 14 sec PB with 12:13, Jessica Lillie took over a minute of her best with 12:28 and Josh Tremigliozi was the fastest U12 boy with 16:33. In the U9s, Kristina Collins took 23 secs of her best from last winter, winning overall with 6:02 to just pip Chelsea Owen-Smith who recorded as 12 sec PB of 6:03 and Brianna Lillie whose 6:05 was a 13 sec PB. Hayden Walmsley was the fastest U9 boy with 6:29, a 13 sec PB.

### VRWC 2KM UNDER 12

1.	Montag, Jemima	10:57
2.	De Lisen, Paige	11:48
3.	Segota, Bronte	12:13
4.	McCann, Tessa	12:16
5.	George, Hayley	12:22
6.	Lillie, Jessica	12:28
7.	Kay, Shelby	12:42
8.	Harrison, Charlee	13:39

1.	Tremigliozi, Joshua	16:33
	Walmsley, Reese	DQ
	Davidson, Harley	DQ

**VRWC 1KM UNDER 9**

1.	Collins, Kristina	06:02
2.	Owen-Smith, Chelsea	06:03
3.	Lillie, Brianna	06:05
4.	O'Mahony, Kathleen	06:14
5.	Taylor, Lee	06:30
6.	Mason, Livinia	07:44

1.	Walmsley, Hayden	06:29
2.	Wright, Ethan	07:12
3.	Candotti, Noah	07:52

Finally, thanks to all those who keep the show on the road each week. Sorry if I have missed anyone

- Officials:** Tim Erickson, Ron Miller, Bob Gardiner, Harry Summers, Stuart Cooper, Judy Walters, Mark O'Mahony, Matt Owen, Damien Elms, Jim Leppik, Natalie Laurie, Brian Hamer
- Judges:** Gordon Loughnan (C), Peter Vysma, Lloyd Nichols, Brian Williams, Kathleen Marsh, Brenda Felton, Terry Knape, Judy Mason, Micheal Bodey (DQ Board)
- Canteen:** Barb Gardiner, Joyce Summers, Kate Suich

**VRWC RACES, ALBERT PARK, SATURDAY 8 MAY 2010**

Saturday was a perfect racing day at Albert Park with mild, sunny and still conditions and 83 walkers took advantage of the opportunity. Simon Evans 53:13 and Pam Tindal 54:29 were the fastest walkers in the 10km event, our longest race of the day while Alison Thompson and David De Bondi were the handicap winners. We welcomed Emma Smith down from Cobden and she walked her first 10km with us, recording a good 65:46.

<b>10km Open</b>		<b>Handicap Place</b>	
1.	Pam Tindal	54:29	3
2.	Heather Carr	56:56	2
3.	Alison Thompson	59:43	1
4.	Emma Smith	65:46	
5.	Bianca Attard	67:23	4
6.	Karyn O'Neill	70:52	
1.	Simon Evans	53:13	2
2.	Mark Donahoo	54:29	5
3.	James Seid-Christmass	55:15	4
4.	Michael O'Mahony	60:26	7
5.	Bob Gardiner	63:40	6
6.	Harry Summers	69:46	3
7.	David De Bondi	70:19	1
	Russ Dickenson	DNF	
	Murray Dickinson	DNF	
	Terry O'Neill	DQ	

The 5km walk saw 13 year old Nathan Brill walk a real blinder with a 30 second PB time of 24:40. But amazingly it did not win him the handicap as Jason Kozica also moved up a notch with his time of 27:59. Kylie Irshad was the fastest of the ladies with 25:47 while the handicap winner was Kirstin Shaw whose 28:37 shows that she is starting to regain her form of early 2009.

<b>5km Open</b>		<b>Handicap Place</b>	
1.	Kylie Irshad	25:47	2
2.	Jmara Hockley Samon	28:16	6
3.	Kirstin Shaw	28:37	1
4.	Gayle McIntyre	29:18	4
5.	Michelle Thompson	31:06	3
6.	Gwen Steed	31:46	7
7.	Robyn Shaw	33:29	5
1.	Nathan Brill	24:40	3
2.	Ryan Antidormi	26:32	5
3.	Aaron McDonough	26:46	2
4.	Jason Kozica	27:59	1
5.	Alan Lucas	28:58	4
6.	Rudolf Skrucany	35:52	9
7.	Barrie Wicks	36:10	6
8.	Robin Wood	38:00	8
9.	Howard Gibson	39:28	7

In the 3km event, Donna Elms was my standout walker with a 20 sec PB time of 17:31. She and Athletics Essendon team mate Anna Wallace finished only a few seconds apart with Anna taking fastest time of 17:28. It was a family affair with Jason Elms taking fastest time and handicap win in the men's event with 16:58.

<b>3km Open</b>		<b>Handicap Place</b>	
1.	Anna Wallace	17:28	1
2.	Donna Elms	17:31	4
3.	Annemaree Gerlich	18:40	2
4.	Janet Holmes	18:46	6
5.	Jan Morrey	19:07	5
6.	Georgia Gatens	20:25	3
7.	Maryanne Harrison	21:34	7
1.	Jason Elms	16:58	1
2.	Llew Jenkins	20:20	
3.	John Morrison	21:09	2
4.	Gordon Onley	2:03	3

Stephanie George and Connor McShanag were our fastest U15 walkers with 15:50 and 15:30 respectively. They were not the only ones walking well - Caitlin Campbell did a 9 sec PB with 16:52, Carly Bertrand did a 10 sec PB with 17:35, Beth Barbour did a 21

sec PB with 17:58, Aaron Tam did a 3 sec PB with 17:00 and Paul Tremigliozi did a 35 sec PB with 18:57.

<b>3km Under 15</b>		<b>Handicap Place</b>	
1.	Stephanie George	15:50	9
2.	Amelia Finnegan	16:33	11
3.	Caitlin Campbell	16:52	2
4.	Jessica Callaway	17:28	1
5.	Carly Bertrand	17:35	3
6.	Jade Sanders	17:45	5
7.	Megan Walker	17:55	7
8.	Beth Barbour	17:58	4
9.	Cindy Collins	18:22	6
10.	Amy Ventura	19:02	8
11.	Emily Swan	20:52	10
	Jasmine Irshad	DNF	
1.	Connor McShanag	15:30	1
2.	Aaron Tam	17:00	3
3.	Paul Tremigliozi	18:57	2
4.	Cody McNicol-Davidson	21:49	4

Our U12 walkers increased their distances this week to 2.5km and Kyle Swan was on fire, recording a superb 12:31. Cooper Owen also walked superbly for second fastest and second in the handicap with 13:32. Emily Hamilton 14:16 and Paige De Lisen 14:36 were the fastest girls while Bronte Segota won the handicap with her 15:56. The standard was uniformly high.

<b>2.5km Under 12</b>		<b>Handicap Place</b>	
1.	Emily Hamilton	14:16	3
2.	Paige De Lisen	14:36	8
3.	Georgia Bertrand	15:12	9
4.	Shelby Kay	15:20	5
5.	Jessica Lillie	15:26	2
6.	Gabbie Crea	15:33	6
7.	Hayley George	15:33	7
8.	Bronte Segota	15:56	1
9.	Hayley Brown	16:40	10
10.	Charlee Harrison	16:59	4
1.	Kyle Swan	12:31	1
2.	Cooper Owen	13:32	2
3.	Reese Walmsley	14:36	5
4.	Harry Hockley Samon	18:05	4
5.	Joshua Tremigliozi	19:34	3
6.	Harley Davidson	22:41	6

Our U9 walkers also increased their distance to 1.5km, a hard ask but one which they handled well. Our fastest overall were Brodie Richardson 8:43 and Kristina Collins 9:05 while Hayden Walmsley was our fastest boy with 10:32. Chelsea Owen-Smith and Ethan Wright were the handicap winners. And finally, we welcomed first time club walker Payton Kay who walked well with 10:52.

<b>1.5km Under 9</b>		<b>Handicap Place</b>	
1.	Brodie Richardson	8:43	6
2.	Kristina Collins	9:05	3
3.	Brianna Lillie	9:10	5
4.	Chelsea Owen-Smith	9:15	1
5.	Kathleen O'Mahoney	9:27	4
6.	Payton Kay	10:52	
7.	Lucy Vicendese	10:54	2
1.	Hayden Walmsley	10:32	2
2.	Ethan Wright	10:43	1
3.	Anthony Vicendese	10:49	

Finally, thanks to all those who keep the show on the road each week. Sorry if I have missed anyone

**Officials:** Tim Erickson, Russ Dickenson, Bob Gardiner, Harry Summers, Ken Walters, Matt Owen, Ian Laurie, Damien Elms, Natalie Laurie, Mark Davidson, Paul Kozaris  
**Judges:** Brian Williams (C), Gordon Loughnan, Lloyd Nichols, Micheal Bodey, Shane Bertrand, Fran Attard  
**Canteen:** Barb Gardiner, Joyce Summers, Kate Suich

**AV, VMA AND VRWC RACES, ALBERT PARK, SATURDAY 15 MAY 2010**

Saturday afternoon saw 94 walkers come together for one of our major championship days of the winter season with Victorian 10km and Victorian Masters 10km championships on offer for men and women. Weather wise, it was just about perfect and good performances were seen across the board.

And a special invitation to our camera buffs. For years now, VRWC Life Member Ray Smith has been videoing our VRWC races and then replaying the edited finished product the following week at Albert Park. This has given us an invaluable video library/archive that documents the club year by year and provides walkers with a chance to see themselves in action each week. Ray, who will celebrate his 81<sup>st</sup> birthday this year, thinks it is time to retire from this task so the door is open for a new club video person. If you are interested, talk to Ray or me any weekend. We have a club video camera that can be used on race days if required.

And now onto our race results. With so many of our top walkers away in Mexico this weekend contesting the World Race Walking Cup, the 10km championships were open affairs and Stuart Kollmorgen and Kelly Ruddick made the most of the opportunity and recorded solid wins. Stuart, who won the Victorian 5km Teams championship 2 weeks ago, was never headed as he recorded 48:55 for fastest time overall and gold in the men's event. He was followed by Mark Donahoo and Simon Evans, all recording their fastest times for quite some time. James Seid-Christmass walked a 55 sec PB to take 4<sup>th</sup> while young Connor McShanag walked a 6 minute PB to take 7<sup>th</sup>.

In the women's event, Kelly Ruddick walked a 48 sec PB to break 50 minutes for the first time and take gold. Behind her, Pam Tindal took silver with 1 minute PB, setting a new W50 Victorian record with her time of 52:19. Heather Carr took a strong third with 54:23 while further back two of our young walkers tested themselves over the longer distance. U16 State champion Jmara Hockley Samon finished 5<sup>th</sup> with a wonderful first up 57:53 while fellow U16 walker Caitlin Campbell took over 6 mins of her 10km time with 58:06.

**Victorian 10km Roadwalk Championship - Men**

1.	Kollmorgen, Stuart	M40	COL	0:48:55
2.	Donahoo, Mark	M50	ATE	0:49:48
3.	Evans, Simon	M50	BOH	0:52:00
4.	Seid-Christmass, James	M40	COR	0:52:55
5.	McDonough, Aaron	OPEN	PTN	0:55:11
6.	Knox, Duncan	M50	ATE	0:56:53
7.	McShanag, Connor	OPEN	ATE	0:57:49
8.	Gardiner, Bob	M50	COL	0:59:43
9.	Van Dongen, Rupert	OPEN	CCA	1:12:16
	Simpson, Brad	OPEN	KNA	DNF
	Jamieson, Andrew	M50	OSC	DNS

**Victorian 10km Roadwalk Championship – Women**

1.	Ruddick, Kelly	OPEN	BHA	0:49:46
2.	Tindal, Pam	W50	CDN	0:52:19
3.	Carr, Heather	W50	EAG	0:54:23
4.	Hammond, Nardene	OPEN	ATE	0:57:52
5.	Hockley-Samon, Jmara	OPEN	CHI	0:57:53
6.	Campbell, Caitlin	OPEN	ATE	0:58:06
7.	Brunton, Caitlin	OPEN	COR	1:02:25
8.	Elms, Donna	W40	ATE	1:03:50
	Irshad, Kylie	OPEN	SCA	DNF

Masters 40+ and 50+ divisions were contested for the first time with medallists as shown below.

Victorian Men Masters 40+	1.	Kollmorgen, Stuart	COL	0:48:55
	2.	Seid-Christmass, James	COR	0:52:55
Victorian Men Masters 50+	1.	Donahoo, Mark	ATE	0:49:48
	2.	Evans, Simon	BOH	0:52:00
	3.	Knox, Duncan	ATE	0:56:53
Victorian Women Masters 40+	1.	Elms, Donna	ATE	1:03:50
Victorian Women Masters 50+	1.	Tindal, Pam	CDN	0:52:19
	2.	Carr, Heather	EAG	0:54:23

The Victorian Masters Association (VMA) 10km walking championships were held concurrently and some of the older AV walkers joined their VMA compatriots to contest these championships as well. Results are as shown below. Performances are rated against the Masters Age Tables as per normal Masters reporting standards. Heather Carr dominated with her 54:23 W60 performance which gave her 95.23% while others above the elite standard of 80% included Stuart Kollmorgen, Mark Donahoo, Russ Dickenson, Ralph Bennett, Murray Dickinson, Pam Tindal, Alison Thompson, Liz Feldman and Gwen Steed, confirming what we already know – that we have some of the best Masters walkers in the world here in Victoria.

**Victorian Masters 10km Championships – Men**

M35	McDonough, Aaron	1	0:55:11	69.13%
M35	Van Dongen, Rupert	2	1:12:16	52.25%
M40	Kollmorgen, Stuart	1	0:48:55	80.19%
M40	Seid-Christmass, James	2	0:52:55	74.71%
M50	Donahoo, Mark	1	0:49:48	85.37%
M50	Skrucany, Rudolf	2	1:14:25	58.60%
M55	Riddoch, Clyde	1	1:03:06	70.32%
M60	Dickenson, Russ	1	0:57:02	84.15%
M60	Lucas, Alan	2	0:59:34	78.89%
M65	Bennett, Ralph	1	0:56:02	89.63%
M65	Wicks, Barrie	2	1:15:36	67.23%
M65	Jenkins, Llew	DQ		
M70	Dickinson, Murray	1	1:01:05	85.32%
M70	Summers, Harry	2	1:08:27	79.25%
M70	Beaumont, Ian	DQ		

**Victorian Masters 10km Championships – Women**

W35	Hammond, Nardene	1	0:57:52	72.50%
W35	Irshad, Kylie	DNF		
W40	McIntyre, Gayle	1	0:59:11	73.62%
W45	Elms, Donna	1	1:03:50	71.97%
W50	Tindal, Pam	1	0:52:18	88.70%
W55	Thompson, Alison	1	0:59:15	84.32%
W60	Carr, Heather	1	0:54:23	95.23%
W60	Feldman, Liz	2	1:00:53	86.14%
W60	Johnson, Celia	3	1:08:37	77.42%
W65	Steed, Gwen	1	1:06:53	85.16%
W70	Beaumont, Margaret	1	1:18:38	77.13%
W70	Stanway, Marlaine	DQ		

And now onto our VRWC walkers. All those club members who were competing in the AV and VMA 10 km walks were also eligible to be recorded as VRWC 10km walkers, making a total VRWC 10km field size of 38. Now that's what I call impressive. I won't comment further on this race as the main performances have been discussed above.

	<b>VRWC 10km Open</b>		<b>Handicap Place</b>
1.	Kollmorgen, Stuart	48:55	12
2.	Donahoo, Mark	49:48	2
3.	Evans, Simon	52:00	8
4.	Seid-Christmass, James	52:55	5
5.	McDonough, Aaron	55:11	11
6.	Bennett, Ralph	56:02	14
7.	Knox, Duncan	56:53	6
8.	Dickenson, Russ	57:02	4
9.	McShanag, Connor	57:49	1
10.	Lucas, Alan	59:34	7
11.	Gardiner, Bob	59:43	3
12.	Dickinson, Murray	61:05	16
13.	Riddoch, Clyde	63:06	10
14.	Summers, Harry	68:27	9
15.	Van Dongen, Rupert	72:16	
16.	Skrucany, Rudolf	74:25	15
17.	Wood, Robin	74:55	17
18.	Wicks, Barrie	75:36	13
	Simpson, Brad	DNF	
	Jenkins, Llew	DQ	
	Beaumont, Ian	DQ	
1.	Ruddick, Kelly	49:46	
2.	Tindal, Pam	52:19	5
3.	Carr, Heather	54:23	3
4.	Hammond, Nardene	57:52	
5.	Hockley-Samon, Jmara	57:53	
6.	Campbell, Caitlin	58:06	2
7.	McIntyre, Gayle	59:11	10
8.	Thompson, Alison	59:15	4
9.	Feldman, Liz	60:53	7
10.	Brunton, Caitlin	62:25	
11.	Wallace, Anna	63:07	1
12.	Elms, Donna	63:50	6

13. Steed, Gwen	66:53	9
14. Johnson, Celia	68:37	
15. Beaumont, Margaret	78:38	8
Irshad, Kylie	DNF	
Stanway, Marlaine	DQ	

We also had lots of walkers in our other VRWC Open races over 5km and 3km. In the 5km, 13 year old Nathan Brill continued his wonderful form, taking a further 2 secs of his PB with 24:39. Josh Dillon was also in good form, walking a brisk 25:40 and showing that you can mix footy with walking over the winter. Jason Kozica took over a minute off his PB with 26:58 – his decision to walk for the winter rather than run Cross Country is certainly paying dividends. Hilary Brazel also walked a blinder, taking 24 secs of her best time with 25:46.

In the 3km, Cassie Raselli continued her return to race fitness with an excellent 15:23 but she was matched by Josh Kaiser whose 15:20 was a 1:18 PB – wow! We also welcomed Pansy Tam to Albert Park for her first ever walk – welcome Pansy!

<b>VRWC 5km Open</b>		<b>Handicap Place</b>
1. Brazel, Hilary	25:46	2
2. Morrey, Jan	32:49	3
3. Shaw, Robyn	32:51	1
Shaw, Kirstin	DNF	
1. Brill, Nathan	24:39	2
2. Dillon, Josh	25:40	3
3. Antidormi, Ryan	26:27	4
4. Kozica, Jason	26:58	1

<b>VRWC 3km Open</b>		<b>Handicap Place</b>
1. Raselli, Cassie	15:23	1
2. McInnes, Simone	17:18	3
3. Mason, Ella	17:32	5
4. Holmes, Janet	19:08	4
5. Harrison, Maryanne	21:22	2
6. Tam, Pansy	26:59	
1. Kaiser, Josh	15:20	1
2. Harrison, Lindsay	21:17	2
3. Onley, Gordon	23:19	3

Our Under 15 walkers are always a competitive lot and Saturday was no exception. At the front, Stephanie George 15:31, Amelia Finnegan 15:43, Jasmine Irshad 15:46 and Billy Allamby 15:44 were all close while further back the PBs were on show. Jemima Montag walked her first ever 3km with a fine 16:00, Carly Bertrand did a 50 sec PB with 16:45, Beth Barbour did an 18 sec PB with 17:41, Aaron Tam did a 17 sec PB with 16:43 and Sarah Burren zoomed through a 2km time trial in 10:02.

<b>VRWC 3km Under 15</b>		<b>Handicap Place</b>
1. George, Stephanie	15:31	6
2. Finnegan, Amelia	15:43	7
3. Irshad, Jasmine	15:46	3
4. Montag, Jemima	16:00	2
5. Bertrand, Carly	16:45	1
6. Walker, Megan	17:35	5
7. Barbour, Beth	17:41	4
8. Swan, Emily	20:56	8
Burren, Sarah	DNF (2km in 10:02)	
1. Allamby, Billy	15:44	3
2. Tam, Aaron	16:43	1
3. Tremigliozi, Paul	19:10	2

The Under 12 walkers were back to 2km this week and the good conditions ensured quick times. Kyle Swan was fastest overall with a 40 sec PB time of 10:01 (that's fast!) ahead of Cooper Owen whose 10:33 was a 7 sec PB. Emily Hamilton did a 38 sec PB to win the girl's race with 10:46, Shelby Kay did a 58 sec PB with 11:44, Jessica Lillie did a 20 sec PB with 12:08, Tara Xuereb did a 42 sec PB with 12:43 and Charlee Harrison did a 1 sec PB with 13:26. We also welcomed first time walker Anaya Hodges who did a good first up 13:21.

<b>VRWC 2km Under 12</b>		<b>Handicap Place</b>
1. Hamilton, Emily	10:46	2
2. De Lisen, Paige	11:31	11
3. Bertrand, Georgia	11:37	8
4. Kay, Shelby	11:44	4
5. George, Hayley	11:53	7
6. Richardson, Brodie	12:03	10

7.	Lillie, Jessica	12:08	5
8.	Xuereb, Tara	12:28	3
9.	McCann, Tessa	12:43	9
10.	Hodges, Anaya	13:21	1
11.	Harrison, Charlee Crea, Gabriella	13:26 DQ	6
1.	Swan, Kyle	10:01	1
2.	Owen, Cooper	10:33	2
3.	McNicol-Davidson, Cody	12:51	4
4.	Tremigliozi, Josh Walmsley, Reese	15:36 DQ	3

The Under 9 walkers were also walking fast. Mikhala Hodges who was second in the VLAA U9 champs last summer had her first walk at Albert Park and did a fantastic 5:54, just pipping Brianna Lille whose 5:55 was a 10 sec PB. Piper Montag had her first walk with us, recording a great 6:30 while Livinia Mason did a 37 sec PB with 7:07. Harry Hockley-Samon did a 37 sec PB to win the boy's event with 6:00 ahead of Ethan Wright (29 sec PB of 6:43) and Hayden Walmsley 6:43..

<b>VRWC 1km Under 9</b>			<b>Handicap Place</b>
1.	Hodges, Mikhala	5:54	1
2.	Lillie, Brianna	5:55	3
3.	Montag, Piper	6:30	
4.	Kay, Payton	7:01	
5.	Mason, Livinia	7:07	2
6.	Vicendese, Lucy	7:23	4
1.	Hockley-Samon, Harry	6:00	1
E2	Wright, Ethan	6:43	2
E2	Walmsley, Hayden	6:43	3
4.	Vicendese, Anthony	7:23	4

Thanks to all those who help us out as officials each week. My apologies to anyone I have missed.

**Officials:** Tim Erickson, Harry Summers, Bob Gardiner, Natalie Laurie, Ian Laurie, Russ Dickenson, Paul Kozaris, Michael Brazel, Stuart Cooper, Matt Owen, Daniel Elms, Jason Elms

**Judges:** Shane Bertrand (Chief), Gordon Loughnan, Lloyd Nicholls, Peter Vyma, Judy Mason, Terry Knape, Kathleen Marsh, Brenda Felton, Michael Bodey (DQ Board)

**Canteen:** Barg Gardiner, Joyce Summers, Kate Suich

## VRWC CLUB CHAMPIONSHIPS, ALBERT PARK, SUNDAY 23 MAY 2010

Our major winter season club championships day was held on Sunday in perfect Melbourne weather – cold early but clearing into a beautiful sunny morning with temperatures in the mid teens . While Sunday mornings do not suit everyone, we still had 83 walkers in action and were able to award full medal sets in most of our club championship divisions.

Sunday saw a new race on the winter season fixture – our 4 Hour 'walk as far as you can' event - and with 15 competitors taking up the challenge, it has to be deemed a great first up success so we will definitely be holding another one next year. Michelle Thompson and Liz Feldman walked furthest overall, both completing 36km, with Karyn O'Neill not far behind with 33km. John Timms and Steve Jordan, both with 30km, were the best of our men. It was also great to see Ian Jack back on the road after many years. Ian was one of our best 50km walkers in the 1970s and still holds the Australian 100 mile record at under 18 hours! The Ray Smith Trophy was held in conjunction with this event and is contested over 35km. Once we took out our Club Rules walkers (shown with an \*), we had no one walking under the IAAF rules who could complete the requisite distance so unfortunately this trophy goes unrepresented this season.



**Steve Jordan, Liz Feldman, John Timms, Bob Gardiner, Michelle Thompson and Karyn O'Neill in the 4 Hour walk**

### VRWC 4 HOUR RACE

1. Timms, John *	30km in 4:01:42
2. Jordan, Steve *	30km in 4:05:44
3. Skrucany, Rudolf *	28km in 4:00:00
4. McDonough, Aaron	27km in 2:43:43
5. Gardiner, Bob	20km in 2:09:00
6. Beaumont, Ian *	20km in 2:52:32
7. Jack, Ian *	18km in 1:59:21
8. Erickson, Tim	15km in 1:41:30
9. O'Neill, Terry	15km in 1:52:26
Bennett, Ralph	DQ
1. Thompson, Michelle *	36km in 4:00:07
2. Feldman, Liz *	36km in 4:05:25
3. O'Neill, Karyn	33km in 4:07:12
4. Carmel, Julie *	24km in 4:10:31
5. Beaumont, Margaret	20km in 2:52:32

### VRWC 35km CLUB CHAMPIONSHIP – RAY SMITH TROPHY

O'Neill, Karyn	DNF
O'Neill, Terry	DNF
McDonough, Aaron	DNF
Bennett, Ralph	DQ

And now onto the rest of our club championships. The next to kick off were the 15km events for Open Women and U20 men and women. In the Open Women's division, Pam Tindal was the winner with a superb time of 1:22:45 (a 6 min PB). And it got better from there with new Australian Masters records by Heather Carr (W60 – 1:25:43) and by Marlaine Stanway (W70 – 1:49:04). What fantastic walking by all three ladies. In our U20 divisions, Rhydan Cowley, fresh from his World Cup walk in Mexico last weekend, was the fastest overall with a zippy 1:11:23 while Bianca Attard, still only 14, won the women's event in a PB time of 1:37:45.

### VRWC 15km OPEN WOMEN CLUB CHAMPIONSHIP – ELSIE JACOBSON TROPHY

1. Tindal, Pam	1:22:45
2. Carr, Heather	1:25:43 (New Aust W60 record )

3. Hammond, Nardene 1:30:34
4. Elms, Donna 1:40:24
5. Stanway, Marlaine 1:49:04 (New Aust W70 record )

#### VRWC 15km UNDER 20 CLUB CHAMPIONSHIPS

1. Cowley, Rhydian 1:11:23
2. Simpson, Brad 1:20:55

1. Attard, Bianca 1:37:45



**Bianca Attard, Rhydian Cowley, Heather Carr, Marlaine Stanway and Pam Tindal in action in the 15km championships**

Our U12 and U9 1km club championships were next and the pace was frenetic from the gun. In the U12 division, Kyle Swan (4:44), Cooper Owen (4:54) and Emily Hamilton (4:56) all broke the 5 minute barrier while Jade Sanders and Paige De Lisen were not far behind, crossing the line together in 5:04. In the U9 divisions, Brodie Richardson (5:20) Mikhala Hodges (5:23) and Harry Hockley-Samon (5:25) were our fastest and once again, the walking was fantastic. We also welcomed first time VRWC walkers Charisma Boothroyd, Arabella Phillips and Chelsea McDonald (Chelsea is Heather Carr's grand daughter).

#### VRWC 1km UNDER 12 CLUB CHAMPIONSHIPS

1. Swan, Kyle 04:44
2. Owen, Cooper 04:54

2. Hamilton, Emily 04:56
- E2 Sanders, Jade 05:04
- E2 De Lisen, Paige 05:04
3. Kay, Shelby 05:24
4. Crea, Gabriella 05:30
5. George, Hayley 05:30
6. Hodges, Anaya 05:35
7. Lillie, Jessica 05:37
8. Xuereb, Tara 06:03
9. Brown, Hayley 06:04
10. Harrison, Charlee 06:17
11. Boothroyd, Charisma 06:34

#### VRWC 1km UNDER 9 CLUB CHAMPIONSHIPS

1. Hockley-Samon, Harry 05:25
2. Wright, Ethan 06:45

1. Richardson, Brodie 05:20
2. Hodges, Mikhala 05:23
3. Lillie, Brianna 05:31
4. Owen-Smith, Chelsea 05:40
5. O'Mahony, Kathleen 06:04
6. Taylor, Lee 06:05
7. Phillips, Arabella 06:28
8. Mason, Livinia 06:29
9. Kay, Payton 06:34
10. McDonald, Chelsea 06:59



**U12 walkers Cooper Owen, Shelby Kay, Kyle Swan, Emily Hamilton, Paige De Lisen and Jade Sanders**



**U9 walkers Brianna Lillie, Mikhala Hodges, Brodie Richardson, Chelsea McDonald, Ethan Wright and Harry Hockley-Samon**

Our U16 5km and U14 3km divisions were our last championship events for the day and they also saw big fields and quick times. The U16 boys event saw a great battle between Nathan Brill and Josh Dillon. Josh lead through the first km in around 4:15 and was still slightly in front at the 3km mark, passed in around 13:44. But then Nathan kicked up a cog and stormed home, taking over a minute off his best time with 23:27. Josh, who is mixing footy with walking so is probably a bit underdone at the moment, held on well for 24:16, a great time itself. Josh Kaiser did a 5 sec PB to take third in the high quality event. Jmara Hockley-Samon (26:48) and Amelia Finnegan (27:05) had a good battle in the U16 girls' event with Jmara claiming gold. In the 14 events, Connor McShanag (a big PB of 14:49) and Stephanie George (15:09) were our U14 winners while U12 walkers Kyle Swan (15:32), Emily Hamilton (17:12), Paige De Lisen (19:09) and Jade Sanders (19:09) jumped up to the U14 event as a second event and all walked strongly.

**VRWC 5km UNDER 16 CLUB CHAMPIONSHIPS**

- |    |                |       |
|----|----------------|-------|
| 1. | Brill, Nathan  | 23:27 |
| 2. | Dillon, Josh   | 24:16 |
| 3. | Kaiser, Joshua | 26:23 |
| 4. | Felton, Matt   | 32:20 |
| 5. | Tam, Aaron     | 33:23 |

- |    |                      |       |
|----|----------------------|-------|
| 1. | Hockley-Samon, Jmara | 26:48 |
| 2. | Finnegan, Amelia     | 27:05 |
| 3. | Campbell, Caitlin    | 27:43 |
| 4. | Mason, Ella          | 30:53 |
| 5. | Callaway, Jessica    | 33:23 |
|    | Raselli, Cassie      | DNF   |

**VRWC 3km UNDER 14 CLUB CHAMPIONSHIPS**

- |    |                  |       |
|----|------------------|-------|
| 1. | McShanag, Connor | 14:49 |
| 2. | Swan, Kyle       | 15:32 |

3.	Allamby, Billy	DQ
1.	George, Stephanie	15:09
2.	Irshad, Jasmine	16:01
3.	Hamilton, Emily	17:12
4.	Walker, Megan	17:34
5.	De Lisen, Paige	19:09
6.	Sanders, Jade	19:09

We also had a variety of club non-championship events on offer for everyone else. Just to highlight a few performances, Stuart Kollmorgen had an easy stroll over 20km in preparation for Canberra, recording 1:46:18, Michael O'Mahony took over 1 minute off his 10km PB with 53:57 and Kylie Irshad walked a very quick 25:35 for the 5km.

**VRWC 20km Open**

1.	Kollmorgen, Stuart	1:46:18
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**VRWC 10km OPEN**

1.	O'Mahony, Michael	53:57
2.	Seid-Christmass, James	54:55
3.	Armstrong, David	60:46
4.	Lucas, Alan	61:36
5.	Dickenson, Russ	62:58
6.	Summers, Harry	71:53
	Wood, Robin	DNF

1.	Wallace, Anna	64:18
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**VRWC 5km Open**

1.	Kozica, Jason	28:22
2.	Onley, Gordon *	39:41
1.	Irshad, Kylie	25:35
2.	McIntyre, Gayle	29:01
3.	Johnson, Celia	33:33

Thanks also to our many volunteers who keep the show on the road every week. Sorry if I have missed anyone.

**Officials:** Tim Erickson, Harry Summers, Bob Gardiner, Russ Dickenson, Stuart Cooper, Ian Laurie, Natalie Laurie, Matt Owen

**Judges:** Peter Vysma (chief), Terry Knappe, Judy Mason, Lloyd Nicholls, Gordon Loughnan

**Canteen:** Barb Gardiner, Joyce Summers, Kate Suich

**VRWC ROAD WALKS, ALBERT PARK, SATURDAY 29 MAY 2010**

It was another big day at Albert Park with 79 walkers in attendance for the first of our Handicap Start races. Luckily, the forecast rain did not eventuate and conditions were almost perfect for fast walking. With the traditional handicap start – slowest walkers heading off first and fastest walkers heading off last – it was very interesting for spectators – would the backmarkers come through or would the outmarkers hold on for a win? Of course, if everyone walked to their handicaps, they would all reach the finish line close together but in reality that never happens!

And now onto the races where there were prizes for the 10 handicap winners. This week, all races are shown terms of handicap finish placings rather than actual times placings. The Actual Time placings are shown as an additional column. Club Rules walkers are shown with an \*.

The 8km handicaps were won by Rudolf Skrucany (who sprinted off fellow outmarker Harry Summers with a good display of finishing speed) and Heather Carr who came through as one of the backmarkers. Heather's time of 42:58 was a superb one for a W60 walker and actually gave her the fastest time overall out of the ladies, ahead of usual winner Pam Tindal who walked an almost identical time of 42:59, but off a different mark. Andrew Jamieson was the lonely backmarker in the men's race and, although he walked the quickest time of 39:37, he could not catch everyone ahead of him. James Seid-Christmass walked a 2 min PB with 40:55 but this could only guarantee him second place!

<b>8km Open Handicap</b>	<b>Actual Time</b>	<b>Actual Time Place</b>
1. Heather Carr	42:58	1
2. Anna Wallace	49:54	5
3. Celia Johnson	54:14	6
4. Alison Thompson	47:35	4
5. Pam Tindal	42:59	2
6. Gayle McIntyre	46:17	3
Marlaine Stanway	DQ	
1. Rudolf Skrucany	56:30	8
2. James Seid-Christmass	40:55	2
3. Harry Summers	53:04	7
4. Andrew Jamieson	39:37	1
5. Bob Gardiner	49:59	6
6. Joshua Kaiser	43:59	3
7. Russ Dickenson	48:31	5
8. Murray Dickinson	48:12	4
Robin Wood *	DNF	
Bernie Keirl	DQ	
Simon Evans	DNF	

The 4km Open handicaps were won by Maryanne Harrison and Gordon Onley, two of the outmarkers. Kylie Irshad walked a great race to take fastest time for the women with 19:59; she was not far behind Maryanne but could not bridge the gap. Club Handicapper Mark Donahoo was the fastest of the men with 19:21 but he could only take 4<sup>th</sup> place (good honest handicapping!). First time walker Rory Ogilvie did well with 34:31.

<b>4km Open Handicap</b>	<b>Actual Time</b>	<b>Actual Time Place</b>
1. Maryanne Harrison	28:08	8
2. Kylie Irshad	19:59	1
3. Georgia Gatens	27:24	7
4. Liz Feldman	23:03	2
5. Jan Morrey	25:38	5
6. Donna Elms	23:51	3
7. Gwen Steed	24:27	4
8. Janet Holmes *	25:58	6
1. Gordon Onley *	28:58	7
2. Alan Lucas	22:33	4
3. Lindsay Harrison	29:26	8
4. Mark Donahoo	19:21	1
5. Barrie Wicks	28:32	6
6. Hilary Brazel	20:58	2
7. Michael O'Mahony	21:33	3
8. Geoff Barrow	25:50	5
9. Rory Ogilvie *	34:31	9

Beth Barbour with a 45 sec PB of 23:56 and Matt Felton with a 2 min PB time of 18:53 (wow) were the handicap winners in the U15 event and it was not surprising that no one could catch them, given their fine performances. Matt was only just a few secs slower than Nathan Brill whose 18:47 was yet another top effort while Amelia Finnegan with 20:42 was the fastest of the girls and is getting back

into racing shape again after a break overseas. The event was not without drama as Jess Callaway went down with a broken right fibula (ankle) that required evacuation to hospital via ambulance. Jess is now wearing the big space boot and it will be some weeks before we see her back in action – what bad luck! Recover quickly Jess.

4km U15 Handicap		Actual Time	Actual Time Place
1.	Beth Barbour	23:56	5
2.	Emily Swan	27:28	7
3.	Bianca Attard	22:41	3
4.	Amelia Finnegan	20:42	1
5.	Megan Walker	25:14	6
6.	Stephanie George	22:25	2
7.	Caitlin Campbell	23:51	4
	Jessica Callaway	DNF	
	Jasmine Irshad	DNF	
1.	Matthew Felton	18:53	2
2.	Aaron Tam	23:03	5
3.	Paul Tremigliozi	25:53	6
4.	Connor McShanag	20:22	3
5.	Nathan Brill	18:47	1
6.	Billy Allamby	21:33	4



**Amelia Finnegan, Nathan Brill, Jess Callaway, Matt Felton and Beth Barbour**

Our U12 2km events saw 20 starters and they were fiercely contested events with Bronte Segota (a 20 sec PB of 11:53) and Cooper Owen (a 16 sec PB of 10:17) taking handicap honours. This event also saw super fast PBs from Kyle Swan 9:41 and Jemima Montag 9:44 and I think that there were quite a few PBs elsewhere in the field. Just to pick a few out, Brodie Richardson jumped up from U9 again and did a 10 sec PB with her time of 11:58, Hayden Walmsley jumped up from U9 with his first ever 2km in 14:07 and Charlee Harrison did a big PB with 12:36. Finally, we welcomed Cassandra Kay for her first walk with us.

2km U12 Handicap		Actual Time	Actual Time Place
1.	Bronte Segota	11:53	6
2.	Charlee Harrison	12:36	11
3.	Jemima Montag	09:44	1
4.	Shelby Kay	11:31	3
5.	Hayley George	11:51	5
6.	Jessica Lillie	12:02	9
7.	Gabbie Crea	12:01	8
8.	Anaya Hodges	12:35	10
9.	Emily Hamilton	11:19	2
10.	Brodie Richardson	11:58	7
11.	Jade Sanders	11:36	4
12.	Tara Xuereb	13:20	12
13.	Cassandra Kay	13:31	13
1.	Cooper Owen	10:17	2
2.	Kyle Swan	09:41	1
3.	Hayden Walmsley	14:07	5
4.	Reese Walmsley	11:18	3
5.	Cody McNicol-Davidson	12:56	4
6.	Sam Candotti	14:30	6

Harley Davidson

DNF

The U9 1km saw Mikhala Hodges (15 sec PB with 5:39) and Noah Candotti (24 sec PB with 7:18) take handicap honours. Mikhala was also the fastest of the girls while Ethan Wright was the fastest of the boys, finishing only 1 sec shy of his PB with 6:42. Tegan Miller had her first walk with us and recorded a promising 6:40.

<b>1km U9 Handicap</b>		<b>Actual Time</b>	<b>Actual Time Place</b>
1.	Mikhala Hodges	05:39	1
2.	Piper Montag	06:18	4
3.	Brianna Lillie	06:01	2
4.	Kathleen O'Mahoney	06:04	3
5.	Tegan Miller	06:40	5
	Payton Kay	DQ	
1.	Noah Candotti	07:18	2
2.	Ethan Wright	06:42	1
	Jack Sanders	DQ	

And finally, thanks to all our officials who keep the show on the road. Sorry if I have missed anyone.

**Officials:** Tim Erickson, Bob Gardiner, Harry Summers, Russ Dickenson, Ian Laurie, Natalie Laurie, Michael Brazel, Matt Owen, Stuart Cooper

**Judges:** Peter Vysma (chief), Brenda Felton, Lloyd Nicholls, Graham George, Gordon Loughan, Terry Knape

**Canteen:** Kate Suich, Barb Gardiner, Joyce Summers

**VRWC ROAD WALKS, ALBERT PARK, SATURDAY 5 JUNE 2010**

It was yet another handicap day at Albert Park on Saturday with prizes for the winners of each event so I have presented the results in handicap finish order and show as a separate column how much each walker's actual time compared to their handicap time. The last column shows the actual places in terms of fastest times. The weather was cool and overcast for the most of the races so perfect for fast walking, but the rain started to come down towards the end of the day and the slower 10km walkers bore the brunt of the change. A total of 97 walkers contested our various events so it was our biggest race day so far for the winter.

We stopped for one minute's silence before the first events to remember club Life Member **Ray Smith** who died unexpectedly on Thursday night. All walkers wore black armbands in remembrance of Ray – his impact on so many of us was great and we mourn his passing and pass our condolences onto his sister Valerie and his extended family.

The 10km event saw three of our World Cup walking team in action – **Chris Erickson** flew out of the blocks with a 4:00 first kilometre and powered through to fastest time of 42:44. Behind him, **Rhydian Cowley** and **Regan Lamble** were out to show their fitness ahead of next month's World Junior Championships and they excelled with great times of 44:01 and 47:13 respectively. In fact, Regan's 47:13 was a 59 sec PB so was outstanding. Not to be outdone, **Heather Carr** bettered her own pending **Masters W60 World Record** by nearly 1 minute with her time of 53:56. Yet the handicap wins went to **Gayle McIntyre** and **Russ Dickenson** who kicked back into top form with 56:46 and 56:32 respectively. Other great walks were seen from **Bob Gardiner** 60:59 (M70!), **Pam Tindal** 53:56, **Nardene Hammond** 56:36 (1m+ PB) and **James Seid-Christmass** 52:38 (17 sec PB).

10km Open Handicap		Time	Diff to H'cap	Actual Time Place
1.	Gayle McIntyre	56:46	-1:58	5
2.	Nardene Hammond	56:36	-1:16	4
3.	Heather Carr	53:56	-0:57	3
4.	Pam Tindal	53:19	-0:14	2
5.	Alison Thompson	60:14	+0:15	6
6.	Marlaine Stanway	72:30	+0:22	8
7.	Margaret Beaumont	79:46	+1:08	9
8.	Liz Feldman	62:36	+1:43	7
9.	Regan Lamble	47:13	No h'cap	1
1.	Russ Dickenson	56:32	-3:49	6
2.	Bob Gardiner	60:59	-1:31	7
3.	James Seid-Christmass	52:38	-0:57	3
4.	Aaron McDonough	54:36	-0:50	4
5.	David De Bondi *	69:30	-0:43	9
6.	Duncan Knox	56:18	-0:35	5
7.	Rhydian Cowley	44:01	-0:29	2
8.	Harry Summers	68:59	+0:01	8
9.	Chris Erickson	42:44	No h'cap	1

**Anna Wallace** 29:47 and **Rudolf Skrucany** 33:43 won the handicaps last week and they won again this week with more good walking. Fastest times went to **Kylie Irshad** 25:07 and **Josh Dillon** 24:31 while **Cassie Raselli** 26:21, **Hilary Brazel** 25:33, **Donna Elms** 30:07 and **Josh Kaiser** 25:52 all did good PBs, such was the standard of this event.

5km Open Handicap		Time	Diff to H'cap	Actual Time Place
1.	Anna Wallace	29:47	-2:00	4
2.	Kylie Irshad	25:07	-1:57	1
3.	Cassie Raselli	26:21	-1:09	3
4.	Hilary Brazel	25:33	-0:35	2
5.	Donna Elms	30:07	-0:35	5
6.	Gwen Steed	31:25	-0:15	6
7.	Karen O'Neill	34:55	No h'cap	7
1.	Rudolf Skrucany	33:43	-2:09	8
2.	Howard Gibson *	37:42	-1:18	10
3.	Joshua Kaiser	25:52	-0:50	3
4.	Josh Dillon	24:31	-0:43	1
5.	Barrie Wicks	35:44	-0:34	9
6.	Jason Kozica	27:25	-0:21	5
7.	Alan Lucas	28:42	-0:06	6
8.	Robin Wood	38:24	+0:09	11
9.	Bernie Keirl	27:02	+0:15	4
10.	Ian Beaumont *	40:16	+0:16	12
11.	Geoff Barrow	32:51	+0:30	7
12.	Mark Donahoo	25:38	+1:04	2

**Janet Holmes** 18:08 and **Gordon Onley** 21:05 took the honours in the 3km handicaps while **Ella Mason** 17:12 and **Jason Elms** 17:08 were fastest overall. We welcomed first time walker **Ruth Nicholls** who walked a very creditable 19:10.

<b>3km Open Handicap</b>		<b>Time</b>	<b>Diff to H'cap</b>	<b>Actual Time Place</b>
1.	Janet Holmes *	18:08	-0:58	2
2.	Ella Mason	17:12	-0:33	1
3.	Maryanne Harrison	21:06	-0:21	5
4.	Jan Morrey	18:53	-0:11	3
5.	Georgia Gatens	21:26	+1:01	6
6.	Ruth Nicholls *	19:10	No h'cap	4
	Amy Burren	Ab		
1.	Gordon Onley *	21:05	-1:52	3
2.	Lindsay Harrison	21:55	+0:04	4
3.	Jason Elms	17:08	+0:10	1
4.	Llew Jenkins	20:30	+0:10	2

**Caitlin Campbell** recorded a 1:16 PB with 15:34 while **Aaron Tam** walked a 20 sec PB with 16:23 and this was good enough to win them the 3km U15 handicaps. **Lucas Taylor** also walked a big PB with 15:34 and was only 1 sec behind Aaron on handicaps. **Amelia Finnegan** is getting back into top shape and took the fastest time amongst the girls with 14:54 while **Nathan Brill** excelled once again with the fastest male time of 13:36.

<b>3km U15 Handicap</b>		<b>Time</b>	<b>Diff to H'cap</b>	<b>Actual Time Place</b>
1.	Caitlin Campbell	15:34	-1:16	3
2.	Bianca Attard	16:13	-0:54	5
3.	Amelia Finnegan	14:54	-0:44	1
4.	Megan Walker	17:27	-0:39	7
5.	Jmara Hockley Samon	15:03	-0:37	2
6.	Amy Ventura	18:35	-0:30	9
7.	Beth Barbour	17:33	-0:26	8
8.	Jasmine Irshad	15:53	-0:13	4
9.	Carly Bertrand	17:15	+0:05	6
	Rebecca Campbell	Ab		
	Stephanie George	Ab		
1.	Aaron Tam	16:23	-1:19	6
2.	Lucas Taylor	15:34	-1:18	5
3.	Billy Allamby	15:04	-0:47	2
4.	Nathan Brill	13:36	-0:19	1
5.	Matthew Felton	15:31	-0:12	3
6.	Adam Garganis	18:25	-0:11	7
7.	Connor McShanag	15:33	+0:14	4

**Charisma Boothroyd** 12:38 and **Harley Davidson** 16:56 were our U12 handicap winners but the standard was superb with nearly every walker beating her/his respective handicap time. **Emily Hamilton** was the fastest girl with 10:44 while **Kyle Swan** 9:34 and **Cooper Owen** 10:16 were the fastest boys as usual. What fine walking we are seeing in this age group.

<b>2km U12 Handicap</b>		<b>Time</b>	<b>Diff to H'cap</b>	<b>Actual Time Place</b>
1.	Charisma Boothroyd	12:38	-1:48	11
2.	Mikhala Hodges	11:19	-1:05	4
3.	Georgia Bertrand	11:17	-0:55	3
4.	Bronte Segota	11:49	-0:45	6
5.	Anaya Hodges	11:58	-0:39	9
6.	Paige De Lisen	11:00	-0:36	2
7.	Charlee Harrison	13:03	-0:36	13
8.	Jessica Lillie	11:52	-0:30	8
9.	Shelby Kay	11:27	-0:28	5
10.	Emily Hamilton	10:44	-0:26	1
11.	Cassandra Kay	13:08	-0:23	14
12.	Hayley Brown	12:54	-0:21	12
13.	Brodie Richardson	11:51	-0:11	7
14.	Gabriella Crea	12:19	+0:15	10
1.	Harley Davidson	16:56	-0:58	7
2.	Reese Walmsley	10:40	-0:55	3
3.	Sam Candotti	13:41	-0:48	5
4.	Kyle Swan	9:34	-0:43	1
5.	Cody McNicol-Davidson	12:21	-0:32	4
6.	Cooper Owen	10:16	-0:28	2
7.	Hayden Walmsley	14:46	+0:25	6
	Jacob Richardson	Ab		

**Tegan Miller** 6:13 and **Noah Candotti** 7:31 were our two U9 handicap winners while **Kristina Collins** 5:42, **Brianna Lillie** 5:50 and **Chelsea Owen Smith** 6:02 all showed great speed as the fastest overall. **Ethan Wright** was the fastest of the boys with 6:55. Finally, we welcomed **Ella Segota** for her first walk with us.

<b>1km U9 Handicap</b>	<b>Time</b>	<b>Diff to H'cap</b>	<b>Actual Time Place</b>
1. Tegan Miller	6:13	-0:27	4
2. Livinia Mason	6:32	-0:16	5
3. Kristina Collins	5:42	-0:09	1
4. Chelsea Owen-Smith	6:02	-0:03	3
5. Brianna Lillie	5:50	+0:02	2
6. Lee Taylor	6:34	+0:17	6
Ella Segota	7:43	No h'cap	7
1. Noah Candotti	7:31	-0:13	2
2. Ethan Wright	6:55	+0:09	1

Thanks as usual to the many people who work hard each week to keep the show on the road. Sorry if I missed anyone.

**Officials:** Tim Erickson, Ron Miller, Bob Gardiner, Harry Summers, Ian Laurie, Natalie Laurie, Michael Brazel, Matt Owen, Stuart Cooper, Don McLaren

**Judges:** Peter Vysma (chief), Lloyd Nicholls, Graham George, Shane Bertrand, Terry Knape, Judy Mason, Brenda Felton

**Canteen:** Kate Suich, Barb Gardiner, Joyce Summers

**VRWC ROAD WALKS, ALBERT PARK, SATURDAY 19 JUNE 2010**

Our annual 'Guess Your Finish Time' races were held on Saturday and 80 walkers took advantage of another day of excellent Melbourne weather and enjoyed some tough competition. No watches were allowed and no times were called – the idea is simple – the walker who gets closest to his/her time guess wins the prize. We also had two race videos playing in the clubrooms. Before our races, we played **Peter Vysma's** video of the Canberra carnival races last weekend. Then after the races, we played **Fran Attard's** video of the raceday of 5<sup>th</sup> June. This video started with a moving tribute to Ray Smith. Thanks to Fran and Peter for keeping the tradition going now that Ray is no longer with us. I am sure that he would be very pleased to see the baton passed on so well.

And now onto the race results. The 10km race was the longest on offer and Pam Tindal and Aaron McDonough showed that they were the best judges of pace Mark Donahoo with 52:21 and Kylie Irshad with 55:22 were our fastest walkers. Young Cody McNicol-Davidson tested himself out over 10km for the first time and did a good first up 72:07. Well done Cody!

<b>10km Open</b>		<b>Time</b>	<b>Guess</b>	<b>Diff</b>	<b>Actual Place</b>
1	Pam Tindal	55:32	55:00	+0:32	2
2	Gayle McIntyre	58:25	56:46	+1:39	3
3	Kylie Irshad	55:22	60:00	-4:38	1
1	Aaron McDonough	55:36	55:00	+0:36	4
2	Mark Donahoo	52:21	51:40	+0:41	1
3	Bob Gardiner	64:03	63:00	+1:03	6
4	David De Bondi	70:36	69:15	+1:21	8
5	Harry Summers	68:37	67:10	+1:27	7
6	Russ Dickenson	59:07	57:10	+1:57	5
7	James Seid-Christmass	55:14	52:37	+2:37	3
8	Rudolf Skrucany	71:53	69:11	+2:42	9
9	Cody McNicol-Davidson	72:07	67:20	+4:47	10
10	Simon Evans	53:30	64:30	+6:00	2

The 5km races saw Heather Carr and Bernie Keirl win the prizes for best finish time guesses but Bernie only just got there by 1 second from Howard Gibson. Nathan Brill stormed through the race to take fastest time overall with 23:05, a 22 sec PB. Heather Carr was the fastest woman with 27:09 while Stephanie George did a 9 sec PB with her time of 27:44. Jason Kozica did a 9 sec PB with 26:49 and Cooper Owen took over 2 mins off his best with 27:41. Paul Kennedy was back in action after a fair layoff and walked very fast for 24:20 while Josh Dillon with 24:00 was also in fine walking form.

<b>5km Open</b>		<b>Time</b>	<b>Guess</b>	<b>Diff</b>	<b>Actual Place</b>
1	Heather Carr	27:09	27:20	-0:11	1
2	Liz Feldman	29:05	29:30	-0:25	3
3	Celia Johnson	34:24	33:56	+0:28	6
4	Gwen Steed	30:29	30:58	-0:29	5
5	Ella Mason	30:28	29:50	+0:38	4
6	Stephanie George	27:44	26:40	+1:04	2
	Caitlin Campbell	DNF			
	Beth Barbour	DNF			
1	Bernie Keirl	27:02	27:00	+0:02	6
2	Howard Gibson	37:27	37:30	-0:03	12
3	Nathan Brill	23:05	23:00	+0:05	1
4	Michael O'Mahony	25:44	26:00	-0:16	4
5	Alan Lucas	28:38	28:55	-0:17	8
6	Barrie Wicks	36:12	36:30	-0:18	11
7	Josh Dillon	24:00	24:20	-0:20	2
8	Geoff Barrow	32:28	33:10	-0:42	10
9	Jason Kozica	26:49	27:35	-0:46	5
10	Aaron Tam	29:49	29:00	+0:49	9
11	Cooper Owen	27:41	29:00	-1:19	7
12	Paul Kennedy	24:20	26:00	-1:40	3
13	Robin Wood	38:50	37:00	+1:50	13

The 3km events saw Donna and Jason Elms take the honours in the Open events while Amelia Finnegan and Connor McShanag had the best guesses in the U15 divisions. Fastest times overall went to Matt Felton with a 25 sec PB time of 13:55 and Amelia Finnegan 15:01. It was great to welcome back Sandra Geisler after a break of some years and she walked a very impressive first up 16:44.

<b>3km Open</b>		<b>Time</b>	<b>Guess</b>	<b>Diff</b>	<b>Actual Place</b>
1	Donna Elms	17:36	17:16	+0:20	4
2	Kirstin Shaw	16:53	16:30	+0:23	3
3	Hilary Brazel	15:30	14:54	+0:36	1
4	Janet Holmes	18:33	19:10	-0:37	6
5	Sandra Geisler	16:44	16:00	+0:44	2

6	Robyn Shaw	20:01	19:00	+1:01	7
7	Emily Payne	18:30	17:10	+1:20	5
1	Jason Elms	16:39	17:00	-0:21	1
2	Gordon Onley	20:13	22:30	-2:17	2

<b>3km Under 15</b>		<b>Time</b>	<b>Guess</b>	<b>Diff</b>	<b>Actual Place</b>
1	Amelia Finnegan	15:01	15:00	+0:01	1
2	Megan Walker	18:12	18:00	+0:12	6
3	Bianca Attard	15:56	15:43	+0:13	3
4	Jasmine Irshad	16:14	16:00	+0:14	4
5	Jemima Montag	15:19	15:35	-0:16	2
6	Cindy Collins	18:27	18:04	+0:23	7
7	Carly Bertrand	17:17	16:45	+0:32	5
8	Amy Ventura	18:59	18:24	+0:35	8
9	Rebecca Campbell	19:46	20:27	-0:41	10
10	Emily Swan	19:30	20:30	-1:00	9
1	Connor McShanag	14:57	15:02	-0:05	3
2	Kyle Swan	15:21	15:30	-0:09	4
3	Ryan Antidormi	14:51	14:40	+0:11	2
4	Matthew Felton	13:55	14:10	-0:15	1
5	Paul Tremigliozi	20:00	18:30	+1:30	5

We had a draw in the Under 12 girls' event with Jessica Lillie and Bronte Segota both within 2 secs of their guessed time while Sam Candotti won the boys' U12 event. Fastest times went to Shelby Kay (20 sec PB with 11:07) and Reese Walmsley. We also welcomed Madelaine and Lachlan Feain to Albert Park for their first races – their father Gerard was a walker with us for many years.

<b>2km Under 12</b>		<b>Time</b>	<b>Guess</b>	<b>Diff</b>	<b>Actual Place</b>
E1	Jessica Lillie	11:57	11:55	+0:02	4
E1	Bronte Segota	11:57	11:55	+0:02	5
3	Paige De Lisen	11:11	11:05	+0:06	2
4	Shelby Kay	11:07	11:19	-0:12	1
5	Brodie Richardson	11:25	11:43	-0:18	3
6	Cassandra Kay	12:49	13:10	-0:21	8
7	Gabbie Crea	12:18	11:55	+0:23	6
8	Anaya Hodges	12:25	12:00	+0:25	7
9	Charisma Boothroyd	12:52	12:20	+0:32	9
10	Madelaine Feain	14:35	13:00	+1:35	10
1	Sam Candotti	12:22	12:32	-0:10	2
E2	Reese Walmsley	10:47	10:20	+0:27	1
E2	Josh Tremigliozi	15:27	15:00	+0:27	4
4	Harley Davidson	16:22	16:50	-0:28	5
5	Lachlan Feain	13:39	13:00	+0:39	3

Ethan Wright and Mikhala Hodges won the U9 events while Hayden Walmsley and Mikhala were the fastest overall.

<b>1km Under 9</b>		<b>Time</b>	<b>Guess</b>	<b>Diff</b>	<b>Actual Place</b>
1	Ethan Wright	06:31	06:30	+0:01	2
2	Hayden Walmsley	06:23	06:25	-0:02	1
3	Noah Candotti	07:34	07:23	+0:11	3
1	Mikhala Hodges	05:27	05:25	+0:02	1
2	Brianna Lillie	05:56	05:40	+0:16	2
3	Payton Kay	08:25	06:30	+1:55	4
4	Ella Segota	07:54	-	-	3

Thanks as usual to our many helpers who make our racedays so successful each week. Sorry if I missed anyone

**Officials:** Ron Miller, Tim Erickson, Bob Gardiner, Harry Summers, Russ Dickenson, Ian Laurie, Natalie Laurie, Damien Elms, Pauline McShanag, Matt Owen, Mark Davidson

**Judges:** Peter Vysma (Chief), Brenda Felton, Lloyd Nichols, Terry Knape, Michael Bodey Gordon Loughlan

**Canteen:** Barb Gardiner, Joyce Summers, Kate Suich

**VRWC, AV, VMA AND AMA CHAMPIONSHIPS, ALBERT PARK, SUNDAY 27 JUNE 2010**

It was another big day of racing at Albert Park on Sunday with 95 walkers in action in a variety of championship events. The weather ended up picture perfect with blue skies and sunshine, the only issue being a few big puddles from all our rain over the past few days. The first races to kick off were the 20km events and walkers had a choice of four options – the AV Open 20km, the VMA 20km, the AMA 20km and a club VRWC 20km for anyone left over! The Open championships saw **Stuart Kollmorgen** and **Pam Tindal** crowned as champions with time of 1:46:09 and 1:51:08 respectively. The Masters championships saw many of our older walkers testing themselves out over a distance that they rarely race and they showed that they were up to the task with a number of fine performances. But none were better than **Heather Carr** (a new W60 World Record of 1:56:42), **Marlaine Stanway** (a new W70 Victorian Record of 2:33:11) and **Pam Tindal** (a new W50 Victorian Record of 1:51:07).



**Stuart Kollmorgen, Pam Tindal, Heather Carr and Marlaine Stanway in action in the 20km events**

**Victorian Open Men 20 km Road Walk**

1.	Kollmorgen, Stuart	COL	61	51:25	1:46:09
2.	McDonough, Aaron	PTN	1227	54:15	1:50:36
3.	Donahoo, Mark	ATE	1407	54:31	1:55:07
4.	Seid-Christmass, James	COR	1828	55:56	1:55:48
	Evans, Simon	BOH	1717	DNS	
	Jamieson, Andrew	OSC	1389	DNS	
	Knox, Duncan	ATE	1790	DNS	
	Van Dongen, Rupert	CCA	2293	DNS	

**Victorian Open Women 20 km Road Walk**

1.	Tindal, Pam	CDN	1217	54:15	1:51:08
2.	Irshad, Kylie	SCA	51	54:53	1:55:50
3.	Carr, Heather	EAG	415	56:25	1:56:42
4.	Attard, Tamara	KNA	1365	DNS	
5.	Hammond, Nardene	ATE	1784	DNS	
	Ruddick, Kelly	BHA	49	DNS	

**Australian Masters Men 20km Championship**

						<b>AMA</b>	<b>VMA</b>
McDonough, Aaron	35 - 39	VIC	1227	54:16	1:50:36	1	1
Van Dongen, Rupert	35 - 39	VIC	2293	-	DNS		
Kollmorgen, Stuart	40 - 44	VIC	2021	51:24	1:46:09	1	1
Seid-Christmass, James	40 - 44	VIC	1828	55:56	1:55:48	2	2
Keirl, Bernie	45 - 50	VIC	243	-	DNF		
Donahoo, Mark	50 - 54	VIC	1407	54:31	1:55:07	1	1
Skrucany, Rudolf	50 - 54	VIC	240	75:01	2:34:09	2	2
Heywood, Colin	55 - 59	ACT	13	51:53	1:47:11	1	
Finn, Kevin	55 - 59	SA	266	-	DQ		
Lucas, Alan	60 - 64	VIC	388	60:56	2:04:38	1	1
Dickenson, Russ	60 - 64	VIC	561	59:49	DNF		
Bennett, Ralph	65 - 69	VIC	640	55:56	DQ		
Gardiner, Bob	70 - 74	VIC	2586	62:36	2:09:45	1	1
Summers, Harold	75 - 79	VIC	58	70:05	2:25:41	1	1
Silcock-Delaney, Colin	75 - 79	VIC	154	-	DQ		

**Australian Masters Women 20km Championship**

**AMA VMA**

Irshad, Kylie	35 - 39	VIC	57	54:53	1:55:50	1	1
Hammond, Nardene	35 - 39	VIC	-	-	DNS		
Elms, Donna	45 - 49	VIC	194	68:36	2:21:04	1	1
Tindal, Pam	50 - 54	VIC	1217	54:15	1:51:07	1	1
Ventris, Lynette	50 - 54	WA	-	-	DNS		
Thompson, Alison	55 - 59	VIC	154	60:19	2:01:52	1	1
Carr, Heather	60 - 64	VIC	415	56:25	1:56:42	1	1
Feldman, Liz	60 - 64	VIC	155	60:53	2:02:51	2	2
Stanway, Marlaine	70 - 74	VIC	322	73:38	2:33:11	1	1

The Victorian Schools championships were the next to kick off with U14 3km, U16 3km, U18 5km and U20 10km races scheduled. Times were superb right across the board – my personal highlights were **Amy Burren** 24:18 for 5km (2011 World Youth qualifier!), **Josh Dillon** 23:38 for 5km, **Nathan Brill** (13:38 3km), **Jemima Montag** (14:47 3km), **Rachel Tallent** (24:35 5km) and **Beth Alexander** (51:34 10km). Well done to all our medalists - it is a big effort to take a medal when the fields are so strong. And I have to let everyone know that **Billy Allamby**, who was competing in the U14 3km, badly twisted his ankle very early in the race (subsequent tests showed a broken bone in his ankle) yet he fought through to take second place before collapsing to the ground – what a gutsy effort. Definitely the walk of the day in my book.

#### Victorian Schools U/20 Girls 10 km Road Walk Championship

1.	ALEXANDER, BETH	BRENTWOOD SECONDARY COLLEGE	51:34
2.	RASELLI, CASSANDRA	PRESBYTERIAN LADIES COLLEGE	57:23
3.	ATTARD, BIANCA	AQUINAS COLLEGE	58:02

#### Victorian Schools U/18 Boys 5 km Road Walk Championship

1.	DILLON, JOSH	ST JOSEPHS COLLEGE GEELONG	23:38
2.	CLARK, LEWIS	CHRISTIAN COLLEGE GEELONG	23:58
3.	FELTON, MATT	AQUINAS COLLEGE	24:09
4.	O'MAHONY, MICHAEL	SAINT JOSEPHS SECONDARY COLLEGE	25:05
5.	KAISER, JOSHUA	DROMANA SECONDARY COLLEGE	27:12
6.	TAM, AARON	GLEN WAVERLEY SECONDARY COLLEGE	27:48

#### Victorian Schools U/18 Girls 5 km Road Walk Championship

1.	BURREN, AMY	KILLESTER COLLEGE	24:18
2.	TALLEN, RACHEL	BALLARAT HIGH SCHOOL	24:35
3.	BRAZEL, HILARY	EMMAUS COLLEGE	26:11
4.	CAMPBELL, CAITLIN	COPPERFIELD COLLEGE	27:51
5.	PAYNE, EMILY	KARDINIA INTERNATIONAL COLLEGE	33:30

#### Victorian Schools U/16 Boys 3 km Road Walk Championship

1.	BRILL, NATHAN	ROSEBUD SECONDARY COLLEGE	13:38
2.	ANTIDORMI, RYAN	EMMAUS COLLEGE	15:03
3.	MCSHANAG, CONNOR	ST BERNARD'S COLLEGE	15:22
4.	TAYLOR, LUCAS	LILYDALE HIGH SCHOOL	15:48
5.	SAVAGE, JOSHUA	EAGLEHAWK SECONDARY COLLEGE	18:28
	GARDNER, AARON	MARIBYRNONG COLLEGE	DNS

#### Victorian Schools U/16 Girls 3 km Road Walk Championship

1.	FINNEGAN, AMELIA	MATER CHRISTI COLLEGE	14:51
2.	HOCKLEY SAMON, JMARA	CLONARD COLLEGE	15:31
3.	HEARD, AMANDA	GOLDEN VALLEY GRAMMAR SCHOOL	15:46
4.	GEORGE, STEPHANIE	YARRA VALLEY GRAMMAR SCHOOL	16:03
5.	BURREN, SARAH	KILLESTER COLLEGE	16:23
6.	WHILEY, EBONY	CATHOLIC COLLEGE BENDIGO	16:48
7.	BERTRAND, CARLY	SALESIAN COLLEGE	16:51
8.	BARBOUR, BETH	NORTHCOTE HIGH SCHOOL	17:50
9.	SOMERFIELD, KOBIE	MT CLEAR COLLEGE	20:44

#### Victorian Schools U/14 Boys 3 km Road Walk Championship

1.	SWAN, KYLE	THE KNOX SCHOOL	15:11
2.	ALLAMBY, BILLY	ST JOSEPHS COLLEGE	15:35
3.	OWEN, COOPER	WATSONIA HEIGHTS PRIMARY SCHOOL	15:54
4.	JONES, JEREMIAH	SOUTH EAST COLLEGE	16:49
5.	RICHARDSON, JACOB	KAROO PRIMARY SCHOOL	17:27
	WALMSLEY, REESE	KAROO PRIMARY SCHOOL	DQ

#### Victorian Schools U/14 Girls 3 km Road Walk Championship

1.	MONTAG, JEMIMA	WESLEY COLLEGE	14:47
2.	BOLDISTON, ZOE	NOTRE DAME COLLEGE	15:10
3.	IRSHAD, JASMINE	WANTIRNA COLLEGE	16:21

4.	WALKER, MEGAN	CLONARD COLLEGE	17:03
5.	EASTWOOD, JESSIE	MATER CHRISTI COLLEGE	17:31
6.	VENTURA, AMY	BRANDON PARK PRIMARY SCHOOL	18:00
7.	HAMILTON, EMILY	KAROO PRIMARY SCHOOL	18:53
8.	COLLINS, CINDY	HALLAM PRIMARY SCHOOL	18:59

The final races to get underway were our VRWC U9 and U12 1.5km club championships. Kyle Swan backed up from his fine win in the U14 Schools championship to win the U12 championship in the fastest overall time of 7:23 and he was only 7 secs ahead of Cooper Owen with 7:30, backing up from his third place in the U14. Reese Walmsley also walked the U14 3km with the other boys and backed up well for his third place with 8:14. Other winners included Georgia Bertrand, Hayden Walmsley and Brodie Richardson. We also welcomed first time Albert Park walkers Lauren Collins and Jemma Peart (who walked with her arm in a cast).

#### VRWC U12 1.5km Club Championship

1.	Swan, Kyle	284	7:23
2.	Owen, Cooper	334	7:30
3.	Walmsley, Reese	255	8:14
1.	Bertrand, Georgia	220	8:05
2.	Kay, Shelby	419	8:13
E3.	Crea, Gabriella	316	8:25
E3.	Collins, Lauren	1229	8:25
5.	George, Hayley	60	8:27
6.	Segota, Bronte	345	8:30
7.	McCann, Tessa	344	9:02
8.	Eastwood, Jemma	49	9:13
9.	Hodges, Anaya	421	9:22
10.	Harrison, Charlee	260	9:31

#### VRWC U9 1.5km Club Championship

1.	Walmsley, Hayden	407	9:32
2.	Wright, Ethan	396	9:45
1.	Richardson, Brodie	377	8:23
2.	Hodges, Mikhala	422	8:29
3.	Owen-Smith, Chelsea	333	9:05
4.	O'Mahony, Kathleen	403	9:08
5.	Miller, Tegan	424	10:28
6.	Kay, Payton	426	10:43
7.	Peart, Jemma	1263	10:45
8.	Segota, Ella	1289	12:20
	Collins, Kristina	226	DQ

We also had our usual selection of club non-championship races for anyone else who wanted a walk.

#### VRWC 20km

1.	John Timms	485	1:18:53	2:31:41
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#### VRWC 10km

1.	Jason Elms	105	1:04:44
2.	McNicol-Davidson, Chloe	1251	1:12:07
3.	McNicol-Davidson, Cody	1004	1:12:30

#### VRWC 5km

1.	Kennedy, Paul	272	24:19
2.	Kozica, Jason	367	27:41
3.	Doran, Anthony	134	32:22
4.	Wicks, Barrie	241	35:29
5.	Onley, Gordon	486	37:23
6.	Silcock-Delaney, Colin	493	38:35
1.	McIntyre, Gayle	199	27:52

**Judges:** Judy Mason, Peter Vysma, Shane Bertrand, Harold Boddy, Terry Knape, Gordon Loughnan, Lloyd Nicholls, Kathleen Marsh, Michael Bodey (DQ Board)

**Officials:** Tim Erickson, Natalie Laurie, Michael Brazel, Celia Johnson, Les Clark, Stuart Cooper, Colin Segota, Matt Owen, Don McLaren, Russ Dickenson

**Course Setup:** Harry Summers, Bob Gardiner, Craig Brill, Peter Vysma, Tim Erickson

**Bicycle marshals:** Damien and Jason Elms

**Canteen:** Joyce Summers, Barb Gardiner, Kate Suich

**VRWC ROADWALKS, ALBERT PARK, SUNDAY 3 JULY 2010**

Yet another day of perfect racing conditions – cool, still and even some weak sun poking through the clouds. And 80 walkers made the most of the opportunity and put in some top times. As club media officer said when putting out his news release post-event:

*Great results for the juniors at Middle Park today. Nathan Brill (14yo) raced his first 8km and won it in 37:18. Not far behind was Josh Dillon in 39:26. At last real depth is starting develop amongst our older boys, an area where we've been a little thin in recent years, but are now complementing the girls who've been a force for some time. It all augurs for an even stronger club and, therefore, a still stronger sport at national level. Keep it up, everyone!*

It was great to see 25 walkers choose the 8km distance, a lot of our younger walkers amongst them. With World Juniors representative Rhydian Cowley having a hitout over 4km before he heads off for Canada, the pace was on from the start and young Nathan Brill was up to the task, going out with Rhydian and shadowing him for the 4km. From then on, he was on his own but he held on well, recording a great first up 37:18 to take fastest time. Stuart Kollmorgen and Josh Dillon (another one of our young stars) were not far behind him, finishing with 38:42 and 39:26 respectively. It was great to see Daniel Payne back after a big break from racing and his time of 41:59 was good under the circumstances. Kylie Irshad was the fastest of the women with 42:59 while youngsters Amelia Finnegan 42:55 and Stephanie George 45:19 put up very good first up 8km efforts.

<b>8km Open</b>	<b>Handicap</b>
1. Kylie Irshad	42:49 2
2. Amelia Finnegan	42:55 No previous time
3. Stephanie George	45:19 No previous time
4. Gayle McIntyre	45:25 3
5. Kirstin Shaw	47:48 4
6. Alison Thompson	49:10 5
7. Gwen Steed	50:54 1
8. Robyn Shaw	58:34 6
1. Nathan Brill	37:18 No previous time
2. Stuart Kollmorgen	38:42 3
3. Josh Dillon	39:26 No previous time
4. Mark Donahoo	41:12 8
5. Daniel Payne	41:59 12
6. James Seid-Christmass	42:38 9
7. Josh Kaiser	43:58 7
8. Alan Lucas	46:04 1
9. David Armstrong	46:42 No previous time
10. Robert Gardiner	50:44 11
11. Geoff Barrow	53:10 10
12. Harry Summers	53:17 2
13. David De Bondi	55:35 6
14. Rudolf Skrucany	56:25 4
15. Cody McNicol-Davidson	56:40 5
Chloe McNicol-Davidson	Ab
Jason Elms	Disq

Rhydian Cowley, who heads off on Thursday for Canada to compete in the World Junior champs, was the fastest over 4km with 18:04. Jason Kozica was a big improver with a very good 20:45 and showed that his decision to walk this winter rather than run cross country is definitely bearing fruit. Hilary Brazel 20:21 and Amy Burren 21:26 were the fastest women with Hilary winning out after a good battle.

<b>4km Open</b>	<b>Handicap</b>
1. Hilary Brazel	20:21 2
2. Amy Burren	21:26 11
3. Sandra Geisler	21:53 No previous time
4. Liz Feldman	22:57 4
5. Anna Wallace	23:38 6
6. Emily Payne	24:19 5
7. Donna Elms	24:41 9
8. Jan Morrey	25:24 1
9. Janet Holmes	26:05 8
10. Annemaree Gerlich	26:24 10
11. Celia Johnson	26:34 3
12. Maryanne Harrison	29:13 7
1. Rhydian Cowley	18:04 7
2. Jason Kozica	20:45 4
3. Michael O'Mahony	21:30 3
4. Ralph Bennett	22:44 8
5. Anthony Doran	24:44 5

6.	Gordon Onley	27:58	2
7.	Barrie Wicks	28:24	6
8.	Robin Wood	28:53	1

Matthew Felton 19:12 and Jmara Hockley-Samon 21:07 were the fastest of our U15 walkers while Aaron Tam walked a great PB time of 21:48.

<b>4km Under 15</b>			<b>Handicap</b>
1.	Jmara Hockley Samon	21:07	4
2.	Sarah Burren	21:25	1
3.	Bianca Attard	22:11	3
4.	Caitlin Campbell	22:16	7
5.	Carly Bertrand	23:32	6
6.	Megan Walker	24:12	2
7.	Emily Swan	27:47	5
	Jasmine Irshad	Ab	
1.	Matthew Felton	19:12	1
2.	Aaron Tam	21:48	2
3.	Connor McShanag	22:11	3

The U12 walkers raced over 2.5km today and Kyle Swan proved the fastest of the youngsters with 12:30. Reese Walmsley was also in good form with 13:35 while Emily Hamilton took fastest time amongst the girls with 14:05 after a good battle with Paige De Lisen who finished with 14:16.

<b>2500m Under 12</b>			<b>Handicap</b>
1.	Emily Hamilton	14:05	3
2.	Paige De Lisen	14:16	1
3.	Georgia Bertrand	14:59	2
4.	Lauren Collis	15:05	
5.	Selby Kay	15:12	E5
6.	Gabriella Crea	15:40	E5
7.	Bronte Segota	16:07	7
8.	Cassandra Kay	16:52	4
1.	Kyle Swan	12:30	4
2.	Reese Walmsley	13:35	3
3.	Sam Candotti	16:05	2
4.	Lachlan Feain	18:01	
5.	Harley Davidson	19:51	1
	Cooper Owen	Disq	

Harry Hockley-Samon 8:10 and Mikhala Hodges 8:37 were our fastest U19 walkers in their 1.5km race. Tegan Miller also walked very well for a big PB time of 9:16.

<b>1500m Under 9</b>			<b>Handicap</b>
1.	Mikhala Hodges	8:37	4
2.	Tegan Miller	9:16	1
3.	Charlee Harrison	9:44	3
4.	Payton Kay	10:37	2
5.	Frances Collis	11:13	
6.	Ella Segota	12:57	5
1.	Harry Hockley Samon	8:10	1
2.	Hayden Walmsley	9:29	3
3.	Ethan Wright	10:27	4
4.	Noah Candotti	10:56	2

Finally, thanks to all our helpers who keep the show on the road. Sorry if I missed anyone!

<b>Officials</b>	Tim Erickson, Stuart Cooper, Ian Laurie, Natalie Laurie, Karin Brazel, Matt Owen, Don McLaren
<b>Judges</b>	Peter Vysma (Chief), Gordon Loughnan, Terry Knape, Brenda Felton, Shane Bertrand, Lloyd Nicholls
<b>Course Setup</b>	Harry Summers, Bob Gardiner, Craig Brill, Tim Erickson
<b>Canteen</b>	Barb Gardiner, Joyce Summers, Kate Suich

**VRWC ROADWALKS, ALBERT PARK, SATURDAY 10 JULY 2010**

We tested a new type of event last weekend at Albert Park – an Intervals Race – and 71 walkers turned out to brave what was forecast as storms and gale force winds. Luckily the rain held off but the winds were certainly very strong and it made for a tough day's work.

The 2km intervals were spaced every 16 minutes and the idea was to complete 2, 3, 4 or 5 intervals. The 36 walkers who chose the intervals workout certainly worked hard and seemed to enjoy the challenge. My picks for the best walks were **Jason Kozica, Nathan Brill, Mark Donahoo, Aaron McDonough, Kirstin Shaw, Kylie Irshad, Matthew Felton, Bradley Simpson, Josh Dillon, Stephanie George, Connor McShanag, Aaron Tam, Chloe McNicol-Davidson, Rudolf Skrucany, Caitlin Campbell and James Seid-Christmass**. What, so many you say! Well, everyone walked so well.

<b>5x2km Intervals</b>		<b>LAP 1</b>	<b>LAP 2</b>	<b>LAP 3</b>	<b>LAP 4</b>	<b>LAP 5</b>	<b>TOTAL</b>
1.	Donahoo, Mark	09:33	09:53	09:54	09:59	09:58	49:17
2.	Kozica, Jason	10:10	10:18	10:21	09:48	11:13	51:50
3.	McDonough, Aaron	10:12	10:16	10:33	10:29	10:25	51:55
4.	Shaw, Kirstin	11:07	11:06	10:56	10:52	10:50	54:51
5.	Hammond, Nardene	10:55	11:19	11:24	11:33	11:19	56:30
6.	Bennett, Ralph	11:27	11:08	11:16	11:26	11:27	56:44
7.	McIntyre, Gayle	11:16	11:44	11:31	11:41	11:35	57:47
8.	Skrucany, Rudolf	12:52	13:30	13:16	13:43	13:43	1:07:04
9.	McNicol-Davidson, Chloe	13:47	14:01	13:46	13:16	13:09	1:07:59
10.	Summers, Harry	13:47	14:00	12:43	13:55	13:55	1:08:20

<b>4x2km Intervals</b>		<b>LAP 1</b>	<b>LAP 2</b>	<b>LAP 3</b>	<b>LAP 4</b>	<b>TOTAL</b>
1.	Brill, Nathan	08:57	09:10	09:14	09:25	36:46
2.	Irshad, Kylie	09:37	10:01	10:18	10:45	40:41
3.	McShanag, Connor	10:14	10:18	10:21	10:32	41:25
4.	Tam, Aaron,	10:13	10:44	11:04	10:39	42:40
5.	Hockley Samon, Jmara	10:43	11:25	11:14	11:11	44:33
6.	Attard, Bianca	11:08	11:11	11:10	11:23	44:52
7.	Elms, Jason	10:58	11:26	11:31	11:12	DQ
8.	Gardiner, Robert	11:44	11:52	11:57	12:08	47:41
9.	Elms, Donna	12:04	12:12	12:34	13:03	49:53
10.	Shaw, Robyn	13:24	13:55	14:19	13:53	55:31

<b>3x2km Intervals</b>		<b>LAP 1</b>	<b>LAP 2</b>	<b>LAP 3</b>	<b>TOTAL</b>
1.	Felton, Matthew	09:31	09:30	09:34	28:35
2.	Simpson, Bradley	09:34	09:41	09:43	28:58
3.	Dillon, Josh	09:24	09:30	10:24	29:18
4.	George, Stephanie	10:07	10:35	10:50	31:32
5.	Walker, Megan	11:32	12:00	12:28	36:00
6.	Owen, Cooper	11:26	11:59	13:31	36:56
7.	Kay, Shelby	12:13	12:27	12:31	37:11
8.	Steed, Gwen	12:14	12:37	13:00	37:51
9.	Barrow, Geoff	12:51	13:00	12:56	38:47
10.	Johnson, Celia	13:52	13:36	13:17	40:45

<b>2x2km Intervals</b>		<b>LAP 1</b>	<b>LAP 2</b>	<b>TOTAL</b>
1.	Seid-Christmass, James	09:23	10:13	19:36
2.	Irshad, Jasmine	10:14	10:38	20:52
3.	Campbell, Caitlin	10:43	11:27	22:10
4.	Bertrand, Carly	10:45	13:23	20:58
5.	Stadus, Lauren	11:33	12:14	23:47
6.	Stanway, Marlaine	14:57	-	-
7.	Mason, Ella	11:48	-	-

We also scheduled 4km Open and U15 for those who just wanted a normal weekly walk and some did take up the offer. **Amelia Finnegan** (21:32) and **Kyle Swan** (21:39) were the fastest and certainly walked well. We also welcomed back **Stacey McLaren** (29:19) after a a long time on crutches with a broken foot and we also welcomed **Laurie Cato-Smith** for his first walk with us – and he did a good first up 28:40.

**4km Open**

1.	Gerlich, Annemaree	25:00
2.	Holmes, Janet	25:07
3.	Morrey, Jan	25:56
4.	Harrison, Maryanne	28:54
1.	Wicks, Barrie	28:28
2.	Cato-Smith, Laurie	28:40

Onley, Gordon DQ

#### 4km Under 15

1. Finnegan, Amelia 21:32
2. Swan, Emily 27:17
3. McLaren, Stacey 29:19

1. Swan, Kyle 21:39
2. McNicol-Davidson, Cody 27:33

Our U12 and U9 walkers will contest their Intervals Races next week – this week they had 2.5km and 1.5km races respectively. **Reese Walmsley** and **Emily Hamilton** were our fastest U12s while **Mikhala Hodges** and **Harry Hockley-Samon** were our fastest U9s. It was a big ask for our smallest walkers to battle the huge winds but some of them were actually faster than last week when we had ideal conditions – **Lauren Collis** by 48 secs, **Lachlan Feain** by 72 secs and **Hayden Walmsley** by 6 secs. Well done!

#### 2.5km Under 12

1. Hamilton, Emily 14:02
2. De Lisen, Paige 14:06
3. Collis, Lauren 14:17
4. McCann, Tessa 15:53
5. Feain, Madeline 17:39
6. Kay, Cassandra 18:03
- Crea, Gabriella DQ

1. Walmsley, Reese 13:52
2. Feain, Lachlan 16:59
3. Davidson, Harley 20:57

#### 1.5km Under 9

1. Hodges, Mikhala 8:52
2. Owen-Smith, Chelsea 9:14
3. Miller, Tegan 9:41
4. Harrison, Charlee 9:48
5. Taylor, Lee 10:13
6. Kay, Payton 11:31
7. Collis, Frances 11:56
8. Mason, Livinia 12:12
1. Hockley-Samon, Harry 8:29
2. Walmsley, Hayden 9:23
3. Wright, Ethan 10:36
4. Candotti, Noah 11:32

As usual, thanks to the many officials and judges and helpers who keep the show on the road each week. Sorry if I missed anyone.

**Officials** Tim Erickson, Natalie Laurie, Ian Laurie, Stuart Cooper, Paul Kozaris, Matt Owen, Don McLaren, John Morrison, Damien Elms  
**Setup** Bob Gardiner, Harry Summers, Craig Brill  
**Judges** Peter Vysma (Chief), Terry Swan, Shane Bertrand, Gordon Loughnan, Brenda Felton, Michael Bodey, Graham George, Lloyd Nicholls  
**Canteen** Joyce Summers, Barb Gardiner, Marlaine Stanway

## VRWC ROADWALKS, ALBERT PARK, SATURDAY 17 JULY 2010

With a major Victorian Cross Country title on concurrently and with the Victorian Country roadwalking championships on Sunday, we did not expect to see a big turnout at Albert Park on Saturday so we were pleasantly surprised by the large field of 81 walkers who turned out to contest our VRWC club races. The weather wasn't too bad either with overcast cool conditions and a bit of wind.

The 10km events saw Kylie Irshad 53:05 and Aaron McDonough 56:39 take line honours while Kirstin Shaw 57:22 (a PB by over 2 minutes!) and Alan Lucas 58:52 took handicap honours. Liz Feldman 59:50 also walked excellently to break 60 minutes for the first time in some years while Chloe McNicol-Davidson also took a big chunk off her PB with 70:03. Talk about hard handicaps to win!

<b>10km Open</b>			<b>Handicap Place</b>
1.	Kylie Irshad	53:05	4
2.	Kirstin Shaw	57:22	1
3.	Gayle McIntyre	57:51	5
4.	Liz Feldman	59:50	3
5.	Chloe McNicol-Davidson	70:03	2
1.	Aaron McDonough	56:39	4
2.	Alan Lucas	58:52	1
3.	Robert Gardiner	64:04	3
4.	Harry Summers	68:22	2

The 5km events saw Pam Tindal 25:54 and Nathan Brill 23:23 the fastest in each division but Jason Kozica was my pick for walk of the day with a huge time of 25:10, a PB by over 90 secs. Jason has been a big improver this winter and he continued on today from his fine walk last week. Gwen Steed was also in great form to take the women's handicap with 30:10. We welcomed Tamara Attard back after some months off and she showed that she has not lost too much form with a good first up 27:07. Another back after a fair while off was Nicholas Mirarchi and his time of 28:03 was a good start back. Another to impress was Donna Elms who was only 3 secs outside her PB with 30:10.

<b>5km Open</b>			<b>Handicap Place</b>
1.	Pam Tindal	25:54	3
2.	Tamara Attard	27:07	
3.	Donna Elms	30:10	2
4.	Gwen Steed	30:21	1
1.	Nathan Brill	23:23	2
2.	Jason Kozica	25:10	1
3.	Ralph Bennett	27:53	3
4.	Nicholas Mirarchi	28:03	
5.	Russ Dickenson	28:52	6
6.	Barrie Wicks	35:48	4
7.	Laurie Cato-Smith	36:56	7
8.	Howard Gibson	37:44	5
	Bernie Keirl	DNF	
	Robin Wood	DNF	

Mark Donahoo 14:14, James Seid-Christmass 14:39 and Hilary Brazel were our fastest Open 3km walkers while Connor McShanag 14:46 (a 3 sec PB), Jemima Montag 15:13 and Amelia Finnegan 15:15 were the fastest of our U15 walkers. But the biggest improver had to be Aaron Tam who recorded a 36 sec PB with 15:46. Kyle Swan was another to impress with his time of 15:34.

<b>3km Open</b>			<b>Handicap Place</b>
1.	Hilary Brazel	15:09	5
2.	Heather Carr	15:46	6
3.	Annemaree Gerlich	17:25	1
4.	Janet Holmes	18:36	3
5.	Jan Morrey	18:49	2
6.	Celia Johnson	20:14	9
7.	Georgia Gatens	20:45	7
8.	Maryanne Harrison	21:21	4
9.	Marlaine Stanway	21:28	8
1.	Mark Donahoo	14:14	4
2.	James Seid-Christmass	14:39	5
3.	Rudolf Skrucany	18:59	1
4.	Gordon Onley	20:53	2
5.	Lindsay Harrison	21:23	3
6.	John Morrison	21:40	6
<b>3km Under 15</b>			<b>Handicap Place</b>
1.	Jemima Montag	15:13	3

2.	Amelia Finnegan	15:15	2
3.	Jasmine Irshad	15:58	4
4.	Bianca Attard	16:38	6
5.	Megan Walker	17:30	1
6.	Carly Bertrand	17:46	9
7.	Beth Barbour	17:53	5
8.	Caitlin Campbell	18:53	11
9.	Amy Ventura	19:16	7
10.	Emily Swan	20:59	10
11.	Stacey McLaren	21:40	8
	Rebecca Campbell	DNF	
1.	Connor McShanag	14:46	2
2.	Kyle Swan	15:34	3
3.	Aaron Tam	15:46	1

Our youngest walkers contested their Intervals races this week with the U12s doing 5x500m and the U9s doing 3x500m every 5 minutes. With 26 walkers in total, it was certainly action packed. Emily Hamilton showed superb consistency to take the U12 section with 11:48 (wow!) after a good battle early on with Paige De Lisen. Brodie Richardson and Mikhala Hodges were the best of the U9s with top times of 7:25 and 7:57. Can these young walkers move!

<b>Under 12: 5x500m</b>		<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Total</b>
1.	Emily Hamilton	2:15	2:21	2:26	2:24	2:22	11:48
2.	Paige De Lisen	2:16	2:30	2:31	2:33	2:32	12:22
3.	Lauren Collis	2:21	2:33	2:37	2:36	2:34	12:41
4.	Shelby Kay	2:25	2:39	2:34	2:42	2:39	12:59
5.	Jessica Lillie	2:35	2:45	2:48	2:49	2:53	13:50
6.	Charisma Boothroyd	2:44	2:50	2:51	2:51	2:50	14:06
7.	Lachlan Feain	2:45	2:52	2:53	3:03	2:58	14:31
8.	Cassandra Kay	2:58	2:53	2:51	3:02	2:58	14:42
9.	Charlee Harrison	3:02	3:07	3:11	3:06	3:07	15:33
10.	Madeleine Feain	2:52	3:11	3:14	3:17	3:15	15:49
11.	Harley Davidson	3:18	3:31	4:03	3:58	3:43	18:33
12.	Georgia Bertrand	2:20	2:35	-	-	-	4:55
	Cooper Owen						DQ
	Reese Walmsley						DQ
	Crea Gabriella						DQ

<b>Under 9: 3x500m</b>		<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Total</b>
1.	Brodie Richardson	2:22	2:28	2:35	7:25
2.	Mikhala Hodges	2:33	2:44	2:40	7:57
3.	Chelsea Owen-Smith	2:38	2:49	2:45	8:12
4.	Hayden Walmsley	2:48	2:53	2:52	8:33
5.	Brianna Lillie	2:55	2:53	2:57	8:45
6.	Tegan Miller	2:50	3:01	2:56	8:47
7.	Ethan Wright	3:05	3:03	2:58	9:06
8.	Lee Taylor	3:05	3:14	3:16	9:35
9.	Frances Collis	3:06	3:23	3:18	9:47
10.	Payton Kay	3:15	3:38	3:04	9:57
	Livinia Mason	3:02	-	-	3:02

And of course, thanks to the large group of people who help to keep the show on the road every week. Sorry if I missed anyone.

**Officials:** Tim Erickson, Ian Laurie, Natalie Laurie, Michael Brazel, Stuart Cooper, Matt Owen, Don McLaren, Paul Davidson, Jason Elms, Damien Elms  
**Judges:** Peter Vysma (chief), Terry Knappe, Shane Bertrand, Michael Bodey, Lloyd Nicholls  
**Course Setup:** Bob Gardiner, Harry Summers, Damien Elms, Tim Erickson, Nathan Brill  
**Canteen:** Barb Gardiner, Kate Suich, Joyce Summers  
**Photos and Video:** Terry Swan and Frances Attard

## ATHLETICS VICTORIA ROADWALK CHAMPIONSHIPS, BALLARAT, SUNDAY 18 JULY 2010

We travelled to Ballarat on Sunday for the Victorian Open 15km championship and the Victorian Country championships. Ballarat Racewalking Club President Daryl Biggin had sourced a course in a newly setup industrial estate in Alfredton and it turned out to be a beauty, dead flat with no sharp turns. The great times across the board tell the story; it was a freezing day but the walkers, once they warmed up, were up to the task and clocked some great performances. I am sure we will be keen to return to this course again if the situation permits.

Tom Barnes 1:09:07 and Kelly Ruddick 1:12:02 became our Victorian 15km champions with finely judged walks. In fact, Kelly did a 10km PB 47:29 on her way through. For Tom, it was his first hitout since representing Australia in the World Cup in Mexico in May and he was pleased with his form. Heather Carr, in second place in the women's race, set a new Victorian W60 record with her time of 1:24:48.

### A.V. 15KM OPEN MEN

1.	Barnes, Thomas	MUU	1:09:07
2.	Jamieson, Andrew	OSC	1:16:55
3.	Knox, Duncan	ATE	1:24:54
	Payne, Daniel	COR	DNF
	Dickenson, Russ	SCA	DNF
	Evans, Simon	BOH	DNS
	Bennett, Ralph	INV	DQ

### A.V. 15KM OPEN WOMEN

1.	Ruddick, Kelly	BHA	1:12:02
2.	Carr, Heather	EAG	1:24:48 (Vic W60 record)
3.	Hammond, Nardene	ATE	1:29:03
	Major, Annette	EAG	DNS



**Tom Barnes, Kelly Ruddick, Andrew Jamieson, Duncan Knox and Heather Carr**

The Country championships saw small fields but the quality made up for the lack of numbers. Former Victorian Junior walk champion Daniel Payne showed that he is regaining his fitness with a good 49:12 to win the 10km Open alongside Kelly Ruddick who took the double with 47:29. Down the ranks, PBs were done by Joshua Kaiser 24:34, Carly Bertrand 28:45 (her first ever 5km), Josh Dillon 22:32 and Lewis Clark 22:51 (what a race that was), Joshua Savage 17:22, Stephanie George 14:34, Ebony Whiley 15:20, Megan Walker 15:58 and Shae Ohlsen 20:40. Very impressive!

### A.V. 10KM COUNTRY OPEN MEN

1.	Payne, Daniel	COR	49:12
2.	Dickenson, Russ	SCA	58:00
3.	Blood, Andrew	BYC	60:54

### A.V. 10KM COUNTRY OPEN WOMEN

1.	Ruddick, Kelly	BHA	47:29
2.	Carr, Heather	EAG	56:30
3.	Hammond, Nardene	ATE	59:23
	Major, Annette	EAG	DNS

### A.V. 5KM COUNTRY U20 MEN

1.	Kaiser, Joshua	SCA	24:34
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**A.V. 5KM COUNTRY U20 WOMEN**

	Bertrand, Carly	INV	28:45
	Raselli, Cassandra	SCA	DNS

**A.V. 5KM COUNTRY U18 MEN**

1.	Dillon, Joshua	COR	22:32
2.	Clark, Lewis	CHI	22:51

**A.V. 5KM COUNTRY U18 WOMEN**

1.	Tallent, Rachel	BYC	24:02
	Stadus, Lauren	KNA	DNS
	Payne, Emily	COR	DNS

**A.V. 3KM COUNTRY U16 BOYS**

1.	Savage, Joshua	EAG	17:22
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**A.V. 3KM COUNTRY U16 GIRLS**

1.	George, Stephanie	SCA	14:34
2.	Hockley-Samon, Jmara	CHI	14:57
3.	Whiley, Ebony	EAG	15:20

**A.V. 3KM COUNTRY U14 BOYS**

No Entrants

**A.V. 3KM COUNTRY U14 GIRLS**

1.	Walker, Megan	COR	15:58
2.	Ohlsen, Shae	INV	20:40

We also scheduled Racewalking Victoria championships for U10 and U12 and a number of walkers from VRWC and Ballarat Racewalking Club availed themselves of the opportunity. Georgia Bertrand 11:07, Harry Hockley-Samon 5:15 and Hayley George 5:10 were the winners. An Open 5km walk was also scheduled and Simon Evans, who arrived late and missed the 15km start, at least did get a hitout for the day, recording 24:27.

**RACEWALKING VICTORIA 2KM 12 GIRLS**

1.	Bertrand, Georgia	VRWC	11:07
2.	Kay, Shelby	VRWC	11:23
3.	Peart, Jemma	BALL	13:14
4.	Lotherington, Katelyn	BALL	13:52

**RACEWALKING VICTORIA 1KM U10 BOYS**

1.	Hockley-Samon, Harry	VRWC	05:15
2.	Wright, Ethan	VRWC	06:26

**RACEWALKING VICTORIA 1KM U10 GIRLS**

1.	George, Hayley	VRWC	05:10
2.	Peart, Jemma	BALL	06:27
3.	Lotherington, Katelyn	BALL	06:32

**OPEN 5KM WALK**

1.	Evans, Simon	VRWC	24:27
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Finally we won the Radmac Trophy for the most number of points won by any club on the day.

**VRWC – RWA INTERSTATE CHALLENGE, ALBERT PARK, SATURDAY 24 JULY 2010**

Our annual Racewalking Australia Interstate Challenge day went off well with 74 walkers racing in perfect conditions at Albert Park on Saturday. This fixture was also our fundraising day for the **International Brain Tumour Alliance** (see <http://www.theibta.org>) and I am pleased to report that we raised **\$600** (from race fees, canteen takings and donations). In case you are wondering how we came to be associated with this group, Denis Strangman of ACT Race and Fitness Walking Club is the Chair and he invited Australian racewalking clubs to become involved some years ago. This is the third or fourth year that we have participated.

To kick things off, a reversing of order today to give some acknowledgement of all those people who help every week. The list from Saturday is pretty big (sorry if I missed anyone):

**Judges:** Gordon Loughnan (Chief), Peter Vysma, Terry Knappe, Shane Bertrand, Kathleen Marsh, Brenda Felton, Lloyd Nicholls, Judy Mason (DQ Board), Graham George (DQ Board)

**Officials** Harry Summers, Tim Erickson, Ian Laurie, Natalie Laurie, Stuart Cooper, Paul Kozaris, Mark O'Mahony, Michael Brazel, Damien Elms, Justin McLaren, Don McLaren, Tina Miller, Craig Brill

**Canteen:** Kate Suich, Joyce Summers

**Photos:** Terry Swan – see <http://vrwc.org.au/coppermine/>

**Video:** Frances Attard – and see [http://www.youtube.com/watch?v=yexi7QPj\\_gA](http://www.youtube.com/watch?v=yexi7QPj_gA) for a 10 min extract of last week's races.

With a large variety of RWA events to be filled and with all our events running concurrently, walkers had to nominate their distance and age group and they all seemed to get it right as, for the first time in a number of years, we had at least one finisher in every division. Once all the RWA clubs have submitted their results from their home States, Mark Donahoo will work out the final results – fingers crossed!

The Masters, Open and U20 walkers all contested 10km. The Masters performances will be rated on Age Graded Tables so I have added these figures into their results. On this basis, our top Masters were **Heather Carr** (94.93%) and **Ralph Bennett** (87.47%) but the standard was high overall with 6 of the 12 Masters finishers rating above 80% on their performances. Heather and **Pam Tindal** walked together to finish in a fast 54:33 while other women to do well included **Liz Feldman** (breaking 60 mins yet again) and **Donna Elms** (1+ min PB with 62:45). In the Masters men, **Alan Lucas** 58:41 walked excellently as did **Rudolf Skrucany** who did a big season best with 66:59. Our Masters category continues to be perhaps our strongest division overall.

**Masters 10km**

E1	Carr, Heather	54:33	94.93%
E1	Tindal, Pam	54:33	85.04%
3.	Feldman, Liz	59:12	88.59%
4.	Thompson, Alison	62:30	79.94%
5.	Elms, Donna	62:45	73.21%
6.	Steed, Gwen	64:59	88.99%
7.	Johnson, Celia	69:19	76.64%
8.	Shaw, Robyn	69:49	65.80%
1.	Bennett, Ralph	57:25	87.47%
2.	Lucas, Alan	58:41	80.08%
3.	Dickenson, Russ	62:46	76.46%
4.	Skrucany, Rudolf	66:59	65.67%
	Summers, Harry	DNF	
	McDonough, Aaron	DNF	
	Wood, Robin	DNF	

**Kylie Irshad** 53:41 and **Mark Donahoo** 51:30 were our fastest Open 10km walkers while in the U20 divisions, we were lucky enough to be able to count the overseas performances of Regan Lamble 47:55 and Rhydian Cowley 44:49 from Canada, both being walked in the same week. The U20 division also saw big PBs to **Kirstin Shaw** (a 90 sec PB with 55:55), **Simone McInnes** (a first ever time of 64:02) and **Chloe McNicol-Davidson** (a 1 minute PB with 69:05).

**Open 10km**

1.	Irshad, Kylie	53:41
2.	Hammond, Nardene	59:08
	Brunton, Caitlin	DNF
1.	Donahoo, Mark	51:30

**Under 20 10km**

1.	Lamble, Regan	47:55	(Canada)
2.	Shaw, Kirstin	55:55	
3.	McInnes, Simone	64:02	
4.	McNicol-Davidson, Chloe	69:05	
1.	Cowley, Rhydian	44:49	(Canada)
	McNicol-Davidson, Cody	DNF	

Our U18, U16 and U14 saw great times galore as our young walkers revelled in the competitive atmosphere. It's hard to choose but special mentions to **Jemima Montag** a wonderful exhibition of sustained speed walking to blitz the U14 fields with 14:44, **Nathan Brill** 23:32 and **Matt Felton** 23:49 battling out the U16 5km, **Michael O'Mahony** 39:24 and **Brad Simpson** 39:33 walking huge U18 8km times and showing that they are now ready to break the 10km 50 minute barrier now, **Hilary Brazel** doing a 3 min PB to place us very competitively in the women's U18 8km event, **Connor McShanag** a big PB in walking 25:05 in the U16 5km (this time would normally win this division but the competition is indeed hot this year!) and finally **Kyle Swan** who helped us out by walking the U14 event rather than the U12 and was rewarded with a great time of 15:46.

#### Under 18 8km

- |    |                   |       |                     |
|----|-------------------|-------|---------------------|
| 1. | Brazel, Hilary    | 43:32 | (3 min PB)          |
|    | Campbell, Caitlin | DNF   |                     |
| 1. | O'Mahony, Michael | 39:24 | (big first up time) |
| 2. | Simpson, Bradley  | 39:33 | (big first up time) |
| 3. | Kaiser, Josh      | 43:09 | (49 sec PB)         |

#### Under 16 5km

- |    |                      |       |             |
|----|----------------------|-------|-------------|
| 1. | Finnegan, Amelia     | 25:36 | (11 sec PB) |
| 2. | George, Stephanie    | 26:42 | (62 sec PB) |
| 3. | Hockley-Samon, Jmara | 26:44 |             |
| 4. | Raselli, Cassandra   | 27:18 |             |
| 5. | Attard, Bianca       | 29:03 |             |
| 1. | Brill, Nathan        | 23:32 |             |
| 2. | Felton, Matthew      | 23:49 | (20 sec PB) |
| 3. | McShanag, Connor     | 25:05 | (98 sec PB) |

#### Under 14 3km

- |    |                   |       |                  |
|----|-------------------|-------|------------------|
| 1. | Montag, Jemima    | 14:44 | (3 sec PB)       |
| 2. | Hamilton, Emily   | 16:04 | (68 sec PB)      |
| 3. | Bertrand, Carly   | 16:31 | (14 sec PB)      |
| 4. | Walker, Megan     | 16:59 |                  |
| 5. | Barbour, Beth     | 18:18 |                  |
| 6. | Collis, Lauren    | 18:32 | (first ever 3km) |
| 7. | Swan, Emily       | 20:07 |                  |
| 8. | Campbell, Rebecca | 20:14 |                  |
| 9. | McLaren, Stacey   | 21:03 |                  |
|    | Irshad, Jasmine   | DNF   |                  |
| 1. | Swan, Kyle        | 15:46 |                  |

The final RWA events to get underway were the U12 2km and the U10 1.5km and, once again, the walking was hot. **Cooper Owen** 10:30 and **Paige De Lisen** 11:18 were clear winners in the U12 while **Hayley George** 8:25 and **Harry Hockley-Samon** 8:16 were the best of the U10.

#### Under 12 2km

- |    |                     |       |
|----|---------------------|-------|
| 1. | De Lisen, Paige     | 11:18 |
| 2. | Bertrand, Georgia   | 11:51 |
| 3. | Lillie, Jessica     | 11:58 |
| 4. | Crea, Gabriella     | 12:24 |
| 5. | Boothroyd, Charisma | 12:41 |
| 1. | Owen, Cooper        | 10:30 |
| 2. | Walmsley, Reese     | 11:26 |
| 3. | Feain, Lachlan      | 12:39 |
| 4. | Davidson, Harley    | 16:30 |

#### Under 10 1.5km

- |    |                      |       |
|----|----------------------|-------|
| 1. | George, Hayley       | 08:25 |
| 2. | Hodges, Mikhala      | 08:35 |
| 3. | Lillie, Brianna      | 08:37 |
| 4. | O'Mahony, Kathleen   | 08:42 |
| 5. | Owen-Smith, Chelsea  | 09:04 |
| 6. | Miller, Tegan        | 09:14 |
| 7. | Harrison, Charlee    | 09:17 |
| 8. | Montag, Piper        | 09:45 |
|    | Collis, Frances      | DQ    |
| 1. | Hockley-Samon, Harry | 08:16 |

2. Walmsley, Hayden 09:03
3. Wright, Ethan 09:43



**Harry Hockley-Samon, Charisma Boothroyd, Hayley George, Cooper Owen, Paige De Lisen and Kathleen O'Mahony**

As usual, we scheduled a 3km club race for anyone who just wanted a hitout and a number of walkers availed themselves of the opportunity. **James Seid-Christmass** was back to his best with a very fast 14:27 ahead of **Nicholas Mirarchi** with 16:17.

**Open 3km**

1. Seid-Christmass, James 14:27
2. Mirarchi, Nicholas 16:17
3. Elms, Jason 16:38
4. Morrey, Jan 18:56
5. Onley, Gordon 20:54
6. Wicks, Barrie 21:03

## VRWC ROADWALKS, ALBERT PARK, SATURDAY 31 JULY 2010

First, a final note on last weekend's IBTA Fundraising – our effort has now been acknowledged on the IBTA results webpage – see <http://www.theibta.org/2010completedevents.html>. And now onto this week which was a normal club points day that saw 77 walkers in attendance. Once again we struck it lucky with quite a good day weather wise – sunny but cool with a fair breeze. I'll start this report by thanking the many people who help to keep the show on the road – sorry if I missed anyone.

**Judges:** Peter Vysma, Gordon Loughnan, Terry Knape, Shane Bertrand, Lloyd Nicholls, Brenda Felton, Michael Bodey  
**Course Setup:** Bob Gardiner, Harry Summers, Craig Brill, Peter Vysma, Jason Elms, Tim Erickson  
**Officials:** Tim Erickson, Ron Miller, Ian Laurie, Natalie Laurie, Michael Brazel, Paul Kozaris, Matt Owen, Don McLaren, Stuart Cooper  
**Results:** Mark Donahoo  
**Canteen:** Barb Gardiner, Joyce Summers, Kate Suich, Wendy Cooper  
**Photos:** Terry Swan – see 86 photos at <http://vrwc.org.au/coppermine/>  
**Video:** Frances Attard – see last week's video on YouTube: <http://www.youtube.com/watch?v=gpOmdPOKiCs>

The 10km Open saw a huge effort by 14 year old **Lucas Taylor** whose time of 55:59 was outstanding. Not to be outdone, **Josh Kaiser** and **Jason Kozica** walked their first ever 10km races, finishing together in 54:29. Further back, **Cody and Chloe McNicol-Davidson** walked their own PBs with 68:32 and 71:43.

10km Open	Handicap
1. Tindal, Pam 54:44	2
2. McNicol-Davidson, Chloe 68:32	1 PB 33 secs
1. Jamieson, Andrew 50:44	5
2. Kaiser, Josh 54:29	2 First ever
3. Kozica, Jason 54:29	First ever
4. Taylor, Lucas 55:59	1 PB 7:56
5. Mirarchi, Nicholas 59:30	7
6. Dickenson, Russ 59:44	4
7. McNicol-Davidson, Cody 71:43	3 PB 24 secs
8. Skrucany, Rudolf 77:22	6
Dillon, Josh DNF	

The 5km and 3km Open events were well supported with large fields and PBs from **Kirstin Shaw** 26:47, **Michael O'Mahony** 13:41 and **Brad Simpson** 13:57. Not surprisingly, Kirstin and Michael were handicap winners. The other handicap winners were **Annemaree Gerlich** with 17:39 and **Harry Summers** with 32:48. We also welcomed **Alex Garber** who had his first ever walk in the 3km race, recording an excellent 19:59.

5km Open	Handicap
1. Brazel, Hilary 26:33	8
2. Shaw, Kirstin 26:47	1 PB 58 secs
3. Irshad, Kylie 27:43	9
4. Feldman, Liz 28:43	3
5. Elms, Donna 30:43	6
6. Steed, Gwen 31:00	4
7. Morrey, Jan 31:49	2
8. Johnson, Celia 33:58	5
9. Shaw, Robyn 34:29	7
1. Donahoo, Mark 25:03	5
2. Bennett, Ralph 28:04	3
3. Lucas, Alan 28:23	2
4. Gardiner, Bob 29:57	4
5. Summers, Harry 32:48	1
Wicks, Barrie DQ	
3km Open	Handicap
1. Carr, Heather 15:35	2
2. Hockley-Samon, Jmara 16:21	7
3. Gerlich, Annemaree 17:39	1
4. Holmes, Janet 18:51	6
5. Campbell, Rebecca 20:22	8
6. Gatens, Georgia 20:33	4
7. Attard, Michaela 20:48	5
8. Harrison, Maryanne 21:15	3
1. O'Mahony, Michael 13:41	1 PB 16 secs
2. Simpson, Bradley 13:57	2 PB 11 secs
3. Seid-Christmass, James 14:33	3

4.	Elms, Jason	17:22	5
5.	Garber, Alex	19:59	
6.	Onley, Gordon	20:51	4
	Barrow, Geoff	DQ	

The Under 15s walked 5km and the results were outstanding. **Nathan Brill** led the field out with a first kilometre of 4:03 and then settled into a steady rhythm to record a huge PB of 22:34. **Matt Felton** hung on well behind to record his own PB time of 23:36 and **Aaron Tam** also walked excellently for a PB of 27:17. For 4 of the girls, it was their attempt at the 5km distance and they also handled it well. **Jemima Montag** was first home with 26:41 and the handicap winner was **Stacey McLaren** with 35:20. Special mention to 12 year old **Megan Walker** who broke 30 mins in her first attempt, recording 29:58.

5km Under 15		Handicap	
1.	Montag, Jemima	26:41	4 First ever
2.	George, Stephanie	27:28	3
3.	Finnegan, Amelia	27:43	6
4.	Walker, Megan	29:58	2 First ever
5.	Bertrand, Carly	30:17	5
6.	Swan, Emily	35:12	7 First ever
7.	McLaren, Stacey	35:20	1 First ever
1.	Brill, Nathan	22:34	3 PB 31 secs
2.	Felton, Matthew	23:36	1 PB 13 secs
3.	McShanag, Connor	25:15	4
4.	Tam, Aaron	27:17	2 PB 31 secs

Like the U15s, the U12s also upped their distance this week and challenged themselves over 3km. For 6 of them, it was their first time over this distance and, of the other 7, we had 4 PBs. **Emily Hamilton** 17:02 and **Kyle Swan** 15:32 were our fastest while **Cassandra Kay** 19:36 and **Reese Walmsley** 15:53 were our handicap winners.

3km Under 12		Handicap	
1.	Hamilton, Emilymich	17:02	5
2.	De Lisen, Paige	17:34	3 PB 11 secs
3.	Kay, Shelby	18:07	6 First ever
4.	Crea, Gabriella	18:37	2 PB 1:36
5.	Lillie, Jessica	18:39	4 First ever
6.	Kay, Cassandra	19:36	1 First ever
7.	Segota, Bronte	19:39	7 PB 1:14
8.	Boothroyd, Charisma	20:28	8 First ever
9.	Hodges, Anaya	21:09	9 First ever
1.	Swan, Kyle	15:32	2
2.	Walmsley, Reese	15:53	1 PB: 3:26
3.	Owen, Cooper	16:13	3
4.	Candotti, Sam	22:14	4 First ever
	Davidson, Harley	DQ	

The U9s were also in great form with over half the field recording PBs. **Brodie Richardson** 8:23 and **Harry Hockley-Samon** 7:50 were our fastest while **Payton Kay** 10:09 and Harry took handicap honours. Others getting a special mention include **Tegan Miller** 8:54, **Lee Taylor** 9:40 and **Livinia Mason** 10:37.

1.5km Under 9		Handicap	
1.	Richardson, Brodie	08:23	7 Equal PB
2.	Hodges, Mikhala	08:46	9
3.	Miller, Tegan	08:54	2 PB 20 secs
4.	Lillie, Brianna	08:57	8
5.	O'Mahoney, Kathleen	09:09	5
6.	Harrison, Charlee	09:25	6
7.	Taylor, Lee	09:40	4 PB 33 secs
8.	Kay, Payton	10:09	1 PB 28 secs
9.	Mason, Livinia	10:37	3 PB 54 secs
1.	Hockley-Samon, Harry	07:50	1 PB 20 secs
2.	Walmsley, Hayden	09:24	3
3.	Wright, Ethan	09:40	2 PB 3 secs
4.	Candotti, Noah	11:17	4

## AV AND VRWC CHAMPIONSHIPS, ALBERT PARK, SUNDAY 8 AUGUST 2010

The annual Victorian roadwalking championships were held at Albert Park last Sunday in cold but sunny conditions with a breeze that picked up as the morning progressed. The depth of Victorian walking was in evidence with over 90 walkers competing in a variety of events under both the AV and the VRWC banners. First to our officials and judges without whom our events would not take place. Sorry if I have missed anyone.

**Judges:** Judy Mason (chief), Peter Vysma, Lloyd Nicholls, Gordon Loughnan, Terry Knappe, Harold Boddy, Shane Bertrand, Michael Bodey (DQ Board)  
**Course setup:** Tim Erickson, Peter Vysma, Bob Gardiner, Harry Summers  
**Officials:** Tim Erickson, Ron Miller, Ian Laurie, Natalie Laurie, Aaron McDonough, Stuart Cooper, Paul Kozaris, Matt Owen, Don McLaren, Harry Summers, Bob Gardiner  
**Bikes:** Jim Leppik, Damien Elms, Bob Gardiner  
**Photos:** Terry Swan - see <http://vrwc.org.au/coppermine>  
**Video:** Fran Attard – see 10 mins from 24/07 on YouTube: <http://www.youtube.com/watch?v=8D6Z0wdE6f4>  
**AthsVic TV:** David Armstrong, Tom Nickson

There are a lot of resources online reporting on Sunday's races:

yet another fantastic AthsVicTV video: <http://www.youtube.com/watch?v=LpMyKDpFcTU>

Athletics Victoria photos: <http://www.facebook.com/athsvic#!/album.php?aid=194846&id=8620997978&ref=mf>

VRWC Photos: <http://vrwc.org.au/coppermine>

Inside Athletics: <http://www.insideathletics.com.au/other/2266-two-step-ahead-delhi-bound-walkers-assert-authority-at-albert-park>

I'll hand over to Tom Nickson of AV for a description of the blue riband Men's 30km event

Commonwealth Games bound walkers **Jared Tallent** (Ballarat YCW Harriers Athletic Club) and **Chris Erickson** (Athletics Essendon) showed their Delhi preparations were well on track, claiming an emphatic one-two finish in the men's 30 kilometre walk at the Victorian Race Walking Club (VRWC) meet at Albert

Park, this morning. While an assault on Nathan Deakes' national record (2:05.06) didn't eventuate, both Tallent and Erickson produced promising times, in one of their final competitive outings before the Games in October.

The Canberra-based duo showed their competitors a clean pair of heels from the outset, surging clear of the seven person field from the gun. Moving through ten kilometres in 42 minutes 41 seconds, the Australian Institute of Sports scholarship holders had established a margin of over two minutes on third place **Tom Barnes** (Melbourne University Athletic Club).

Barnes, a national team member at the IAAF World Race Walking Cup in Chihuahua, Mexico, earlier this year, withdrew from the race at the 12 kilometre mark due to hamstring soreness.

With the race doubling as the state title for the event, Erickson, 28, was the first to make a break, establishing a 10 metre gap over Tallent as the race approached halfway. The dual Olympic medallist responded to Erickson's move, reeling him in, passing through the 20 kilometre mark in one hour 24 minutes 55 seconds, 13 seconds to the better of Erickson (1:25.08).

25 year-old Tallent extended his margin across the remainder of the event, stopping the clock at 2:08.27, 62 seconds clear of his training partner and national teammate Erickson (2:09.29), who slashed five and half minutes from his personal best. Box Hill Athletic Club's Simon Evans, 50, rounded out the podium.

Yet to fine tune his preparations for Delhi, Tallent was nonetheless pleased with his Albert Park hit-out. "At the moment I'm still getting a lot of base work done, before we start getting into our speed work for Delhi, but it was good to come down here and race the 30k," said Ballarat-born Tallent, who will contest the men's 20 kilometre walk along with Erickson and New South Wales' Luke Adams at the Commonwealth Games.

"The race panned out alright, but it got tough towards the end. It was very windy in the last 10 kilometres – I dropped about a minute of time - but I'm still very happy with the result."

Obliterating his previous best for the distance, runner-up Erickson was encouraged by his performance, but thought he had the potential to go faster.

"I tend to race myself into shape over 20k, so the target was to come down here and have a good hit-out," said the Olympic and world championship representative. "I was hoping to go just a little bit quicker than that - training's been really good – I was hoping to go sub 2:08, and I had that until maybe 12 kilometres to go when I tailed off."

Both athletes will now return to their Canberra training base ahead of the 2010 Australian Road Walking Championships in Brisbane on Sunday 22<sup>nd</sup> August, in which they'll contest the 20 kilometre event.

### AV 30km Championship

1.	TALLENT, JARED	BYC	42:41	1:24:59	2:08:27
2.	ERICKSON, CHRIS	ATE	42:41	1:25:12	2:09:29 (PB 3:05)
3.	EVANS, SIMON	BOH	57:36	1:56:53	3:10:45
	BARNES, TOM	MUU	46:44		DNF
	KNOX, DUNCAN	ATE	59:02	2:01:04	DNF
	JAMIESON, ANDREW	OSC			DNS
	DONAHOO, MARK	ATE			DNS



### The placegetters in the 30km walk – Jared Tallent, Chris Erickson and Simon Evans

Chris's 3 minute PB pushes him from 10<sup>th</sup> to 8<sup>th</sup> on the Australian all-time lists and propels him past Dion Russell and Duane Cousins. It is a very impressive top 10 list which includes the who's-who of Australian walking. Nathan Deakes still sits atop the list compliments of his superb walk in Hobart in 2006 with Jared Tallent only 9 secs in arrears. The amazing Willi Sawall did his time of 2:08:01 at 40 years of age!

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	2:05:06	Nathan Deakes	V	17/08/1977	1	Hobart	28/08/2006	29
2	2:05:15	Jared Tallent	V	17/10/1984	1	Melbourne	07/06/2009	24
3	2:05:59	Dave Smith	V	24/07/1955	1	Canberra	10/05/1986	30
4	2:06:39	Simon Baker	V	06/02/1958	1	Melbourne	07/05/1989	31
5	2:07:53	Nick A'Hern	N	06/01/1969	1	Victoria	25/08/1994	25
6	2:08:01	Willi Sawall	V	07/11/1941	1	Melbourne	16/05/1982	40
7	2:09:09	Andrew Jachno	V	13/04/1962	2	Auckland	02/02/1990	27
8	2:09:29	Chris Erickson	V	01/12/1981	2	Melbourne	08/08/2010	28
9	2:09:35	Duane Cousins	V	13/07/1973	1	Melbourne	16/08/1998	25
10	2:10:02	Dion Russell	V	08/08/1975	1	Melbourne	06/08/2000	24

And now onto the other AV championships which were for U20, U18, U16 and U14. 2010 World Cup reps **Rhydian Cowley** (U20 Men - 45:42), **Beth Alexander** (U20 Women - 49:05) and **Rachel Tallent** (U18 Women - 24:45) were all winners as expected with Beth only 2 secs outside her PB 10km time of 49:03. **Lewis Clark** (U18 Men – 49:19) rounded off the quartet of winners in the U18/U20 sections with a huge PB of nearly 3 minutes. The U18 men were a particularly strong age group with all 5 finishers recording PBs.

#### AV 10km U20 Men

1.	COWLEY, RHYDIAN	GHY	45:42
2.	TAM, AARON	KNA	58:00

#### AV 10km U20 Girls

1.	ALEXANDER, BETH	KNA	49:05
2.	SHAW, KIRSTIN	WES	59:01
3.	MCINNES, SIMONE	GHY	65:26
	ATTARD, BIANCA	KNA	DNF

#### AV 10km U18 Men

1.	CLARK, LEWIS	CHI	49:19	PB 2:44
2.	FELTON, MATT	KNA	50:29	First Time
3.	SIMPSON, BRAD	KNA	51:08	PB 1:37
4.	O'MAHONY, MICHAEL	KNA	52:38	PB 0:19
5.	KAISER, JOSHUA	SCA	53:13	PB 1:16
	DILLON, JOSH	COR	DNS	

#### AV 5km U18 Girls

1.	TALLEN, RACHEL	BYC	24:45
2.	BRAZEL, HILARY	ANW	26:14
3.	RASELLI, CASSIE	SCA	26:29
4.	PAYNE, EMILY	COR	30:34
5.	CAMPBELL, CAITLIN	ATE	31:05

BURREN, AMY

MAL

DNF



**Beth Alexander, Rhydian Cowley, Lewis Clark, Matt Felton and Rachel Tallent**

The U16 races saw some wonderful walking and some great battles. **Nathan Brill** 22:29 was dominant in the Boys' event while **Jmara Hockley-Samon** 26:08, **Stephanie George** 26:13 and **Amelia Finnegan** 26:37 staged a great battle in the Girls' event. The U14 Girls' event also saw another great battle, this time between **Zoe Boldiston** 14:37 and **Jemima Montag** 14:45 while the U14 Boys' event saw **Kyle Swan** a clear winner with 15:52.



**Stephanie George, Jmara Hockley-Samon, Kyle Swan, Nathan Brill, Jemima Montag and Zoe Boldiston**

**AV 5km U16 Boys**

1.	BRILL, NATHAN	BOH	22:29	PB 0:05
2.	MCSHANAG, CONNOR	ATE	25:17	
3.	WALKER, JARED	COR	25:29	PB 1:54
4.	TAYLOR, LUCAS	SCA	25:33	PB 3:04
	SAVAGE, JOSH	EAG	DNS	
	ANTIDORMI, RYAN	ANW	DNS	

**AV 5km U16 Girls**

1.	HOCKLEY-SAMON, JMARA	CHI	26:08	
2.	GEORGE, STEPHANIE	SCA	26:13	PB 0:29
3.	FINNEGAN, AMELIA	KNOX	26:37	
4.	WHILEY, EBONY	EAG	27:04	PB 0:41
5.	HEARD, AMANDA	EAG	27:38	
	BURREN, SARAH	MAL	DNF	
	CALLAWAY, JESSICA	KNA	DNS	

**AV 3km U14 Boys**

1.	SWAN, KYLE	KNA	15:52
2.	OWEN, COOPER	DIV	16:47
	WALMSLEY, REESE	KNA	DQ

**AV 3km U14 Girls**

1.	BOLDSTON, ZOE	SBE	14:37	PB 0:28
2.	MONTAG, JEMIMA	MAC	14:45	
3.	HUNT, TAHLIA	TAS	16:24	
4.	WALKER, MEGAN	COR	16:54	
5.	CAMPBELL, REBECCA	ATE	20:01	
	IRSHAD, JASMINE	SCA	DNF	
	HAMILTON, EMILY	KNA	DNS	

The carnival also included a number of VRWC Club Championships, the first being the Open Women's 10km. Ballarat based club member **Kelly Ruddick** produced a huge walk to win with 47:09, a 20 sec PB and a time that pushes her even further up in the current ranking lists. Second place went to AIS visitor and Commonwealth Games rep **Claire Tallent** who was content with an even paced training session of 48:33. Super masters walkers **Pam Tindal** 53:27 and **Heather Carr** 54:29 were next in with their usual elite standard performances.

**VRWC Open Women 10km Club Championship – Mabel Robinson Trophy**

1.	Ruddick, Kelly	47:09	PB 0:20
2.	Tallent, Claire	48:33	
3.	Tindal, Pam	53:27	
4.	Carr, Heather	54:29	
5.	Hammond, Nardene	57:10	
6.	Feldman, Liz	59:27	
7.	Brunton, Caitlin	61:20	PB 1:05
8.	Elms, Donna	63:08	
	Irshad, Kylie	DNF	
	Johnson, Celia	DQ	

Our U12 and U9 walkers contested 2km Club Championships and large fields guaranteed superb walking. **Kyle Swan, Cooper Owen** and **Reese Walmsley** backed up from their U14 3km walks to take the first 3 places in the U12 Boys' event while **Jessie Eastwood, Lauren Collis** and **Shelby Kay** were our U12 Girls' medallists. The U9 medallists were **Harry Hockley-Samon, Hayden Walmsley, Ethan Wright, Mikhala Hodges, Brianna Lillie** and **Kathleen O'Mahony**.

**VRWC U12 2km Club Championship**

1.	Swan, Kyle	10:24
2.	Owen, Cooper	10:45
3.	Walmsley, Reese	11:35
4.	McNicol-Davidson, Cody	12:08
5.	Feain, Lachlan	12:39
6.	Davidson, Harley	15:40
1.	Eastwood, Jessie	10:48
2.	Collis, Lauren	10:54
3.	Kay, Shelby	11:15
4.	Bertrand, Georgia	11:43
5.	Eastwood, Jemma	11:49
6.	Crea, Gabriella	11:49
7.	Lillie, Jessica	11:54
8.	Kay, Cassandra	12:09
9.	Harrison, Charlee	12:35
10.	Boothroydm Charisma	12:49
11.	Feain, Madeleine	14:11
12.	Hodges, Anaya	15:31

**VRWC U9 2km Club Championship**

1.	Hockley-Samon, Harry	11:01
2.	Walmsley, Hayden	12:39
3.	Wright, Ethan	12:52
1.	Hodges, Mikhala	11:50
2.	Lillie, Brianna	11:57
3.	O'Mahony, Kathleen	12:14
4.	Miller, Tegan	12:29
5.	Owen-Smith, Chelsea	12:45
6.	Taylor, Lee	13:04

7.	Peart, Jemma	13:04
8.	Kay, Payton	14:24

Finally to two non-championship club races. The 3 Hour walk attracted a small number of entrants keen to test themselves over a longer timeframe and all were able to keep to the task and complete the full time allotment. **Russ Dickenson** was the best of them, completing 26.5km in his longest ever walk. In the Open 5km event, **James Seid-Christmass** 25:25 and **Carly Bertrand** 29:36 were our fastest male and female walkers.

#### **VRWC 3 Hour Walk**

1.	Dickenson, Russ	26.5km in 3:02:27
2.	Timms, John	24.0km in 3:00:07
3.	Poore, Alex	22.5km in 3:00:25
4.	Skrucany, Rudolf	22.0km in 2:59:20

#### **VRWC 5km Walk**

1.	Seid-Christmass, James	25:25
2.	Kozica, Jason	25:31
3.	McDonough, Aaron	26:31
4.	Bennett, Ralph	27:50
5.	Bertrand, Carly	29:36
6.	Irshad, Kylie	29:37
7.	McLaren, Stacey	36:33
8.	Onley, Gordon	37:23

## VRWC ROAD RACES, ALBERT PARK, SATURDAY 14 AUGUST 2010

Our final point scoring day of the season saw walkers battling gale force winds as Melbourne battered down to a day of tempestuous weather. But it did not deter the 73 determined walkers who were after one final chance to add to their points in the Handicap, Actual Time and Style Award points. First thanks to our many officials and helpers who kept the show on the road. Sorry if I missed anyone.

**Course Setup** Harry Summers, Peter Vysma, Damien Elms, Craig Brill  
**Officials** Tim Erickson, Ron Miller, Ian Laurie, Natalie Laurie, Stuart Cooper, Paul Kozaris, Matt Owen, Don McLaren  
**Judges** Peter Vysma (chief), Terry Knape, Graham George, Brenda Felton, Ralph Bennett, Lloyd Nicholls  
**Canteen** Joyce Summers, Marlane Stanway, Wendy Cooper  
**Bike** Justin McLaren, Damien Elms  
**Video** Frances Attard  
**Photos** Simon Baker, Steve Lillie – see <http://vrwc.org.au/coppermine>



**The lapscorers hard at work on Saturday – Stuart Cooper, Ian Laurie, Natalie Laurie, Paul Kozaris and Damien Elms**

Handicap Starts were used for our Open and Under 15 walkers with our slower walkers starting first and our fastest walkers starting last. The idea is simple – the first walker to complete the race wins the handicap event. Thus the results show the walker's Start Time, Finish Time and Actual Time and the finishing results are in order of Handicap Placings. These events are a bit of work to organise but are always exciting and Saturday was no exception.

Our longest event was over the 8km distance and the tough windy conditions took their toll with quite a few withdrawals as the race progressed. **Chloe McNicol-Davidson** and **Jason Kozica** walked excellent races and each won convincingly in their respective handicap events by over 2 minutes. **Pam Tindal** and Jason were also fastest times.

<b>8km Open Handicap Start</b>		<b>Start Time</b>	<b>Finish Time</b>	<b>Act Time</b>	<b>Act Place</b>
1.	McNicol-Davidson, Chloe	00:00	52:50	52:50	3
2.	Tindal, Pam	11:44	55:03	43:19	1
3.	Thompson, Alison	06:38	56:44	50:06	2
1.	Kozica, Jason	11:23	53:07	41:44	1
2.	Summers, Harry	00:48	55:39	54:51	3
3.	Evans, Simon	12:37	54:31	41:54	2
	Lucas, Alan	08:16	DQ		
	Dickenson, Russ	07:16	DNF		
	Felton, Matthew	14:33	DNF		
	Brill, Nathan	17:20	DNF		
	O'Mahony, Michael	15:14	DNF		

Our 4km Handicap event was the big drawcard of the day with 25 walkers participating. **Michaela Attard** and **Josh Kaiser** were first to finish, Michaela holding on from a start near the front and Josh coming through from near the backmarkers. Fastest times went to **Kirstin Shaw** and **Mark Donahoo**. Special mention to **Tony Doran** who was hit by a golf ball while walking – and he still finished, even if a bit the worse for wear. Yes, walking is a sport for tough individuals!

<b>4km Open Handicap Start</b>		<b>Start Time</b>	<b>Finish Time</b>	<b>Act Time</b>	<b>Act Place</b>
1.	Attard, Michaela	01:33	28:08	26:35	11

2.	Shaw, Kirstin	07:48	28:36	20:48	1
3.	Harrison, Maryanne	00:46	28:53	28:07	12
4.	Johnson, Celia	02:51	29:16	26:25	10
5.	Carr, Heather	08:28	29:23	20:55	3
6.	Morrey, Jan	04:22	29:30	25:08	8
7.	Elms, Donna	05:46	29:34	23:48	5
8.	Steed, Gwen	05:22	29:39	24:17	6
9.	Holmes, Janet	04:37	29:39	25:02	7
10.	Feldman, Liz	06:58	29:49	22:51	4
11.	Gatens, Georgia	01:54	30:23	28:29	13
12.	Irshad, Kylie	09:37	30:30	20:53	2
13.	Wallace, Anna	06:13	31:39	25:26	9
1.	Kaiser, Joshua	08:57	29:07	20:10	3
2.	Onley, Gordon	01:32	29:15	27:43	9
3.	Doran, Anthony	04:23	29:20	24:57	7
4.	McDonough, Aaron	08:50	29:39	20:49	5
5.	Wicks, Barrie	01:25	29:49	28:24	10
6.	Seid-Christmass, James	09:56	29:57	20:01	2
7.	Donahoo, Mark	10:23	30:06	19:43	1
8.	Wood, Robin	00:00	30:08	30:08	12
9.	Elms, Jason	06:56	30:33	23:37	6
10.	Barrow, Geoff	04:11	30:36	26:25	8
11.	Conboy, Bruce	01:52	30:38	28:46	11
12.	Kennedy, Paul	10:39	31:14	20:35	4

Front marker **Stacey McLaren** held off all the chasers to convincingly win the U15 Girls' handicap event while in the Boys' event, **Aaron Tam** had to work hard to hold out a fast finishing **Connor McShanag**. **Jmara Hockley-Samon** and Connor were fastest overall

<b>4km Under 15 Handicap Start</b>		<b>Start Time</b>	<b>Finish Time</b>	<b>Act Time</b>	<b>Act Place</b>
1.	McLaren, Stacey	00:00	27:01	27:01	7
2.	Hockley-Samon, Jmara	07:51	28:23	20:32	1
3.	Campbell, Rebecca	01:25	28:26	27:01	8
4.	Walker, Megan	05:08	28:52	23:44	6
5.	Finnegan, Amelia	07:50	29:17	21:27	3
6.	Montag, Jemima	08:12	29:32	21:20	2
7.	Bertrand, Carly	06:34	29:37	23:03	4
8.	Attard, Bianca	06:17	29:47	23:30	5
	George, Stephanie	07:19	DNF		
1.	Tam, Aaron	07:07	28:20	21:13	2
2.	McShanag, Connor	08:44	28:43	19:59	1
3.	Owen, Cooper	06:45	29:01	22:16	3
	McNicol-Davidson, Cody	00:34	DNF		

Our U12 and U9 walkers had normal start races but the results have been adjusted to show handicap placings. In the U12 events, **Shelby Kay** and **Reese Walmsley** took handicap honours while **Paige De Lisen** (who walked a PB in the wind!) and Reese were fastest overall. We put on a special 1500m for **Charlee Harrison** and she did a PB to record 9:15.

<b>2km Un12 Handicap</b>		<b>Act Time</b>	<b>Act Place</b>
1.	Kay, Shelby	11:09	3
2.	De Lisen, Paige	10:50	1
3.	Kay, Cassandra	12:45	9
4.	Lillie, Jessica	12:13	8
5.	Hamilton, Emily	11:03	2
6.	Crea, Gabbie	12:05	6
7.	Bertrand, Georgia	11:47	5
8.	Collis, Lauren	11:32	4
9.	Hodges, Anaya	12:58	10
10.	George, Hayley	12:08	7
1.	Walmsley, Reese	10:46	1
2.	Feain, Lachlan	13:16	2
3.	Davidson, Harley	16:39	3

<b>1.5km Un12</b>		<b>Act Time</b>
1.	Harrison, Charlee	09:15

**Frances Collis** and **Hayden Walmsley** were our U9 handicap winners while **Mikhala Hodges** and **Harry Hockley-Samon** were our fastest overall.

	<b>1km Un9 handicap</b>	<b>Act Time</b>	<b>Act Place</b>
1.	Collis, Frances	07:21	8
2.	Miller, Tegan	06:08	4
3.	Owen-Smith, Chelsea	06:01	3
4.	Kay, Payton	07:07	7
5.	Hodges, Mikhala	05:42	1
6.	Lillie, Brianna	05:55	2
7.	Taylor, Lee	06:34	6
8.	O'Mahoney, Kathleen	06:16	5
1.	Walmsley, Hayden	05:59	2
2.	Wright, Ethan	06:15	3
3.	Hockley-Samon, Harry	05:16	1

**VRWC ROAD RACES, ALBERT PARK, SATURDAY 21 AUGUST 2010**

With some 50 walkers in Brisbane for the National Roadwalking championships, the weekly VRWC road races at Albert Park were a smaller affair than usual but we still had 35 walkers there, including Tasmanian visitor David Moore and there was some good walking on show. Thanks to Stuart Cooper for writing up the results and emailing them to me in Brisbane so that the newsletter could proceed as usual! The conditions were perhaps best summed up by Rudolf Skrucany who wrote: *Before the start it was freezing and windy, I dressed up too much, we had bit of rain at the start and during the first lap, then suddenly the rain and wind stopped, the sun came out and I overheated!* Ah, the Melbourne weather – how I miss it in Queensland!

A few walks deserve special mention – **Heather Carr** zoomed around the 3km in 15:19, some 11 secs faster than her own W60 World Track Record of 15:30.7, set earlier this year on the track at Frankston. **Liz Feldman**, also now in the W60 division, blitzed the 5km field with a time of 28:09, 34 secs faster than she has done over the last few years. With the girls in training for next year's World Masters Champs in Sacramento, the momentum is building. At the other end of the age scale, **Gabriella Crea** walked a 37 sec PB in the U12 2.5km, finishing with 14:56.

<p><b>5km Open Women</b></p> <p>1. Feldman, Liz 28.09</p> <p>2. Thompson, Alison 29.36</p> <p>3. Elms, Donna 30.04</p> <p>4. Steed, Gwen 31.03</p>	<p><b>5km Open Men</b></p> <p>1. Evans, Simon 26.31</p> <p>2. Bennett, Ralph 27.30</p> <p>3. Lucas, Alan 28.53</p> <p>4. Skrucany, Rudolf 32.52</p> <p>5. Jenkins, Lou 34.46</p> <p>6. Moore, David (Tas) 34.53</p> <p>7. Wicks, Barrie 35.56</p>
<p><b>3km Open Women</b></p> <p>1. Carr, Heather 15.19</p> <p>2. Wallace, Anna 17.51</p> <p>3. Holmes, Janet 19.02</p> <p>4. Gatens, Georgia 20.29</p> <p>5. Harrison, Maryanne 21.42</p>	<p><b>3km Open Men</b></p> <p>1. Seid-Christmass, James 14.54</p> <p>2. Barrow, Geoff 19.35</p> <p>3. Onley, Gordon 20.26</p>
<p><b>3km U15 Girls</b></p> <p>1. McLaren, Stacey 20.27</p>	<p><b>3km U15 Boys</b></p> <p>1. Tam, Aaron 15.50</p> <p>2. Tremigliozi, Paul 19.44</p>
<p><b>2.5km U12 Girls</b></p> <p>1. Crea, Gabriella 14.56</p> <p>2. Lillie, Jessica 15.44</p> <p>3. Hodges, Anaya 16.29</p> <p>4. Boothroyd, Charisma 17.13</p> <p>5. Feain, Madeleine 17.56</p>	<p><b>2.5km U12 Boys</b></p> <p>1. Feain, Lachlan 16.59</p> <p>Walmsley, Reece DQ</p>
<p><b>1.5km U9 Girls</b></p> <p>1. Walmsley, Hayden 9.07</p> <p>2. Wright, Ethan 9.51</p>	<p><b>1.5km U9 Girls</b></p> <p>1. Hodges, Mikhala 8.21</p> <p>2. Lillie, Brianna 8.22</p> <p>E3. DeLisen, Paige 9.14</p> <p>E3. Harrison, Charlee 9.14</p>

**VRWC ROAD RACES, ALBERT PARK, SATURDAY 28 AUGUST 2010**

With the season quickly drawing to a close, it was a low key racing date at Albert Park on Saturday with 46 walkers racing in absolutely perfect conditions. First thanks as usual to the many people who keep the show on the road every week. Sorry if I missed anyone.

**Officials:** Tim Erickson, Russ Dickenson, Ian Laurie, Natalie Laurie, Jason Elms, Don McLaren, Matt Owen, Mark Donahoo  
**Course setup:** Harry Summers, Bob Gardiner, Tim Erickson, Craig Brill, Damien Elms, Justin McLaren  
**Judges:** Peter Vysma (Chief) , Lloyd Nichols, Brenda Felton, Terry Knape, Gordon Loughnan , Zoe Bryson (SA)  
**Canteen:** Barb Gardiner, Joyce Summers, Marlane Stanway  
**Photos:** Terry Swan (see <http://vrwc.org.au/coppermine/>)  
**Video:** Fran Attard

Ana now onto the races. **Adam Rutter** was the star of the show with a storming 10km performance of 40:34. Adam, down from the AIS for a hitout, went straight to the front with a 3:59 first kilometre and from then on, it was just a case of how well he could maintain the pace, and this he did in style. The other big performer of the day was **Pam Tindal** who won the 8km in a 54 sec PB time of 41:26. Others to walk well were Liz Feldman (34:28 for 6km), Kirstin Shaw (21:33 for 4km) and **Michael O'Mahony** (19:38 for 4km).

Our U12 and U9 walkers were out in force as usual with outstanding walks from **Cassandra Kay** - a 16 sec PB of 11:52 - and **Frances Collis** - a 31 sec PB of 6:60.

<b>10km Open Men</b> 1. Adam Rutter 40:34	
<b>8km Open Men</b> 1. Bob Gardiner 50:20 2. Rudolf Skrucany 54:27	<b>8km Open Women</b> 1. Pam Tindal 41:26 2. Heather Carr 43:41 Celia Johnson DQ
<b>6km Open Men</b> 1. Alan Lucas 34:55 Connor McShanag DNF (2km in 11.37 )	<b>6km Open</b> 1. Liz Feldman 34:28 2. Donna Elms 37:01 3. Gwen Steed 38:22
<b>4km Open Men</b> 1. Michael O'Mahony 19:38 2. Harry Summers 26:16 3. Gordon Onley 28:10 4. Barrie Wicks 28:52 5. Robin Wood 29:59 6. Lindsay Harrison 30:51	<b>4km Open Women</b> 1. Kirstin Shaw 21:33 2. Robyn Shaw 24:59 3. Jan Morrey 25:22 4. Michaela Attard 27:40 5. Georgia Gatens 31:07
<b>4km U15 Boys</b> 1. Paul Tremigliozzi 26:38 Matthew Felton DNF (2km in 9.03 )	<b>4km Under 15 Girls</b> 1. Jasmine Irshad 22:31 2. Megan Walker 24:12 3. Emily Swan 26:23 4. Stacey McLaren 26:56 Caitlin Campbell DNF (2km in 12.19 ) Beth Barbour DNF (3km in 19.07 )
<b>Under 12 2km Boys</b> 1. Reese Walmsley 10:43 2. Lachlan Feain 12:50	<b>Under 12 2km Girls</b> 1. Lauren Collis 11:00 2. Cassandra Kay 11:52 3. Shelby Kay 11:59 4. Jessica Lillie 12:01 5. Charlee Harrison 13:05 6. Charisma Boothroyd 13:48 7. Madeleine Feain 14:22 8. Anaya Hodges 14:23
<b>Under 9 1km Boys</b> 1. Hayden Walmsley 06:15 2. Ethan Wright 06:40	<b>Under 9 1km Girls</b> 1. Mikhala Hodges 05:52 2. Chelsea Owen-Smith 06:00 3. Payton Kay 06:49 4. Frances Collis 06:50

## VRWC ROAD RACES, ALBERT PARK, SATURDAY 4 SEPTEMBER 2010

Signs were not encouraging on Saturday morning with the worst flooding for some 15 years forecast for Victoria but our luck held as the rain stopped and the skies cleared for our races. Yes, the wind was very strong and we were restricted to the bottom 1km of our course due to large pools of water on the top end but, all in all, it was another great day of racing at Albert Park. 62 walkers contested this, the final racing day of our winter season and a lot more came along for our Winter Season presentations which followed.

As usual, thanks to all our officials and helpers who keep the show on the road – sorry if I have missed anyone.

**Officials:** Tim Erickson, Ian Laurie, Natalie Laurie, Stuart Cooper, Paul Kozaris, Michael Brazel, Don McLaren, Matt Owen  
Justin McLaren  
**Course setup:** Craig Brill, Bob Gardiner, Harry Summers, Tim Erickson  
**Judges:** Peter Vysma (Chief), Lloyd Nichols, Gordon Loughnan, Brenda Felton, Terry Knape, Michael Bodey  
**Race Results:** Mark Donahoo  
**Canteen:** Barb Gardiner, Joyce Summers, Wendy Cooper, Marlaine Stanway  
**Photos:** Terry Swan (see <http://vrwc.org.au/coppermine>), Stuart Cooper  
**Video:** Frances Attard

And now onto our races. We finished the season with our annual 'Beat Your Season Best Time' day with prizes on offer for the winner of each division. So the results are a bit more complex than usual, showing the walker's time, his/her best time for the season, the difference and the placing in that competition. The 10km events saw PBs by **Jmara Hockley Samon** (57:54) and **Jason Kozica** (53:39) and great first up 10km walks by **Nathan Brill** (48:00 at 14 years of age!), **Kyle Swan** (55:18 at 11 years of age!) and **Hilary Brazel** (58:40). Wow, what a way to finish the season.



**Nathan Brill powers through to a 19km time of 48:00**

10km Open		Time	Best time	Diff	'Beat Season Best' Place
1.	Jmara Hockley-Samon	57:10	57:53	-0:43	1
2.	Hilary Brazel	58:40			
	Chloe McNicol-Davidson	DNF			
1.	Nathan Brill	48:00			
2.	Jason Kozica	53:39	54:29	-0:50	1
3.	Kyle Swan	55:18			
	Bob Gardiner	DNF			

The 5km events saw **Georgia Gatens** and **Aaron McDonough** take the honours in the 'Beat Your Time' competitions while **Stuart Kollmorgan** and **Pam Tindal** were the fastest overall. **Jasmine Irshad** with 28:13 walked a very good first ever 5km race.

5km Open		Time	Best time	Diff	'Beat Season Best' Place
1.	Pam Tindal	25:43	25:41	+0:02	3
2.	Jasmine Irshad	28:13			
3.	Gwen Steed	31:48	30:21	+1:27	4
4.	Robyn Shaw	32:08	32:51	-0:43	2
5.	Celia Johnson	34:26			
6.	Georgia Gatens	34:40	37:02	-2:22	1
1.	Stuart Kollmorgan	24:01	24:06	-0:05	2
2.	Paul Kennedy	25:10	24:20	+0:50	6
3.	Josh Dillon	25:11	24:00	+1:11	7
4.	Mark Donahoo	25:32	24:52	+0:40	5

5.	Aaron McDonough	26:18	26:31	-0:13	1
6.	Alan Lucas	28:28	28:23	+0:05	3
7.	David Armstrong	29:06			
8.	Barrie Wicks	36:20	35:44	+0:36	4
	Robin Wood	DNF			
	Harry Summers	DNF			
	Gordon Onley	DQ			

In the 3km Open events, **Kylie Irshad** and **Josh Kaiser** took fastest times while Josh and **Kirstin Shaw** won the 'Beat Your Season Best' competitions. In the 3km U15 events, **Connor McShanag** took the double while the honours were shared between **Paige De Lisen** and **Amelia Finnegan** in the girls' event.

<b>3km Open</b>		<b>Time</b>	<b>Best time</b>	<b>Diff</b>	<b>'Beat Season Best' Place</b>
1.	Kylie Irshad	14:53			
2.	Heather Carr	15:48	15:35	+0:13	2
3.	Kirstin Shaw	16:24	16:53	-0:29	1
4.	Bianca Attard	17:39	15:56	+1:43	5
5.	Anna Wallace	18:36	17:28	+1:08	3
6.	Donna Elms	18:44	17:31	+1:13	4
1.	Josh Kaiser	15:10	15:20	-0:10	1

  

<b>3km Under 15</b>		<b>Time</b>	<b>Best time</b>	<b>Diff</b>	<b>'Beat Season Best' Place</b>
1.	Amelia Finnegan	15:15	14:54	+0:21	3
2.	Megan Walker	17:23	16:54	+0:29	4
3.	Paige De Lisen	17:33	17:34	-0:01	1
4.	Stacey McLaren	21:08	21:03	+0:05	2
5.	Anaya Hodges	23:26	21:09	+1:17	5
1.	Connor McShanag	14:53	14:46	+0:07	1
2.	Aaron Tam	16:19	15:46	+0:33	2
	Reese Walmsley	DQ			

The U12 walks saw some fast times with **Jemima Montag** (10:08), **Harry Hockley-Samon** (10:41), **Emily Hamilton** (10:45) and **Cooper Owen** (10:45) all well under 11 minutes. The Season Best competitions were won by Emily and Harry. **Jayah and Kurtis Mathews** from RWCWA had their first walk with us since relocating to Melbourne from Perth – welcome aboard!. We hope you enjoyed your walks on Saturday.

<b>2km Under 12</b>		<b>Time</b>	<b>Best time</b>	<b>Diff</b>	<b>'Beat Season Best' Place</b>
1.	Jemima Montag	10:08	09:44	+0:24	5
2.	Emily Hamilton	10:45	10:44	+0:01	1
3.	Lauren Collis	11:07	10:54	+0:13	3
4.	Shelby Kay	11:19	11:07	+0:12	2
5.	Jayah Mathews	12:17			
6.	Jessica Lillie	12:26	11:52	+0:34	6
7.	Charlee Harrison	12:57	12:35	+0:22	4
8.	Charisma Boothroyd	13:26	12:38	+0:48	7
1.	Harry Hockley-Samon	10:41	11:01	-0:20	1
2.	Cooper Owen	10:45	10:16	+0:29	2
3.	Kurtis Mathews	13:35			

The U9 walks saw **Kathleen O'Mahony** and **Ethan Wright** win the 'Beat Your Season Best' competitions while **Mikhala Hodges** and **Hayden Walmsley** were the fastest. We also saw first up walks by **Justin and Caine Brill** and I thought that the boys walked pretty well. **Zara Irshad** also had her first walk, no doubt watched by mum Kylie.

<b>1km Under 9</b>		<b>Time</b>	<b>Best time</b>	<b>Diff</b>	<b>'Beat Season Best' Place</b>
1.	Mikhala Hodges	05:45	05:23	+0:22	6
2.	Chelsea Owen-Smith	05:48	05:40	+0:08	3
3.	Brianna Lillie	05:52	05:31	+0:21	5
4.	Kathleen O'Mahony	05:54	06:04	-0:10	1
5.	Lee Taylor	06:30	06:05	+0:25	7
6.	Payton Kay	06:36	06:34	+0:02	2
7.	Frances Collis	07:07	06:50	+0:17	4
	Zara Irshad	DNF			
1.	Hayden Walmsley	06:10	05:59	+0:11	2
2.	Ethan Wright	06:17	06:15	+0:02	1
3.	Justin Brill	06:24			
4.	Caine Brill	06:37			